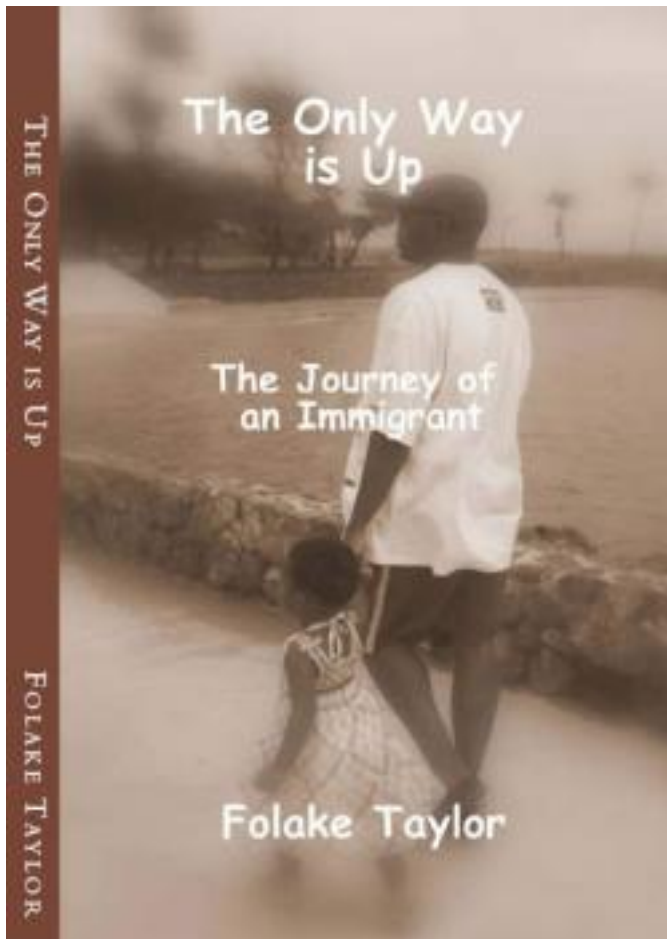


The Only Way is Up: The Journey of an Immigrant by Folake Taylor Makes an Entry Into the World of Motivational Books as a Force to be Reckoned with

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Category: [Arts & Culture](#)

Press release from: [Folake Taylor](#)



Author Folake Taylor was inspired to write this book by the troubling social trends in the developed world. She is a foreign born MD who has dared to express an opinion about issues she believes are in need of a new direction in the American society and most of the western countries. She offers solutions to alleviate these and other problems, even as she makes a connection to global views and personal experiences. According to Folake Taylor, “Though leaders politically and economically, America and many industrialized countries are not leaders socially. We have fallen short in this regard. Do we have to trade modernization for social values?”

The Only Way is Up: The Journey of an Immigrant is a phenomenal read and though literature exists on similar subjects, they are usually not authored by an immigrant (with a view from within and without); neither do they contain such an array of information in a single book. Folake Taylor provides an interesting perspective for women and African Americans most especially, as seen through the eyes of an immigrant. She paints a picture of unique struggles and triumphs that one scarcely ever reads on paper while offering a matchless viewpoint to assist immigrants from the third world.

In this self-help book, Folake Taylor constantly exudes positivity and emphasizes empowerment through promoting self

esteem and instilling a sense of self worth which build the foundation for success in life. She ties in her global and professional experiences as an MD and the expertise this affords concerning certain subject matters.

Some of the issues that are the focus of this book are:

- Identity & Gender roles
- Health & Preventive medicine
- Finding a mate
- Relationships & Family
- Single parenthood
- Teenage pregnancies
- Diet & Nutrition
- Global exposure
- Positivity & Loving yourself
- Life outside the United States

Her objective for this book is to facilitate change in her environment by the collective involvement of each individual in the community. Though dealing with critical issues, this book is an easy read.

Folake Taylor is a board certified outpatient Internal Medicine MD in the suburbs of Atlanta GA. Her residency training was at the Morehouse School of Medicine in Atlanta GA. She has published work and conference abstract presentations in the field of Medicine to her credit.

For book sales please visit www.theonlywayisup.net or amazon.com

For interviews and/ or review copies, requests may be addressed to FT@theonlywayisup.net

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The Only Way is Up: The Journey of an Immigrant is a new self help book targeted towards women, African Americans and immigrants. It addresses the social decline in the developed world and offers insight and solutions through the collective effort of individuals in the community and by empowerment, encouragement, hope and faith.

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[**You can find this press release here**](#)