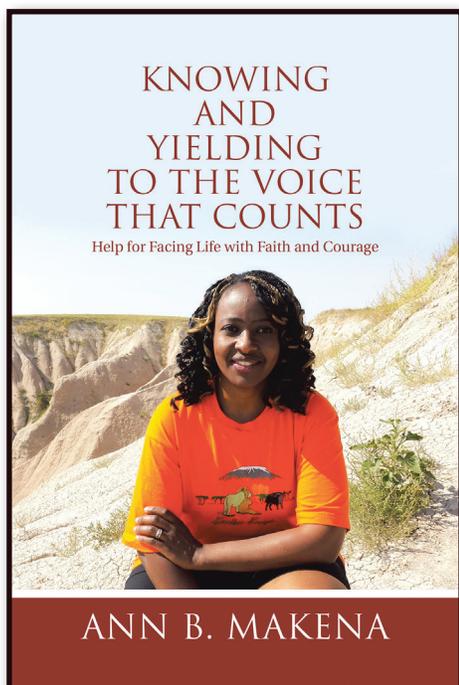


# Knowing and Yielding to the Voice that Counts

Help for Facing Life with Faith and Courage

Ann B. Makena



Trust in God helps overcome small and giant struggles of daily living as demonstrated in a real life story.

...Born with a rare brain disorder, Nate was not expected to survive and certainly not expected to learn and grow like other children...

Born in Kenya, Ann Makena moved to the United States on her own as a young woman. She has endured physical, emotional and spiritual trials that most of us can't imagine...., She has remained faithful. She has remained hopeful. She has remained thankful...

Ann Makena and Nate are an inspiration to all of us.

(full forward inside the book)

By Dr. Katherine C. Nickels, M.D. Child and Adolescent Neurology, Mayo Clinic

Ann Makena has written a moving account of her journey to faith in herself through faith in her Creator. I had the privilege to provide pediatric neurology care for her son, Nate, for a number of years. After a pregnancy touted by some as hopeless, a son is born who does so much better than anticipated, although he requires a score of surgeries and develops severe epilepsy. This is a motif repeated again and again; the situation seems bleak but emerges victorious, although significant difficulties must be overcome. Ann Makena sees the hand of her Creator guiding and sustaining her through the tribulations with Nate, her being an immigrant, among others, as well as her employment in the face of competing needs and her at last finding a soulmate. Help is provided through others or through unforeseen circumstances when help is most needed. At the same time, Ann Makena emerges as a generous giver of solace to others through chaplaincy work, even though she feels needful of solace herself, and as having total dedication to the welfare of her children. As she says, "I came to terms that God never promises us that life will be easy. What He promises is to be with us." For those who realize that life is not easy, this provides an inspiring path to follow.

By Dr. Breningstall Galen, Neurology department, Gillett Children

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Ann Makena was born and raised in Meru, Kenya. She relocated to the United States in her early twenties to pursue education and other dreams. Ann's top priority is that of raising her children. Her passion is in writing and inspiring others—especially during tough times—as well as the wellbeing of orphans and abandoned children. She has a heart for oppressed women and single mothers of the world.

Ann has founded a charitable organization that is aimed at building homes for orphans with hopes to change the culture of orphans and abandoned children in Kenya and is ordained as a minister. Ann has an MA of theological studies, a BS in psychology and counseling, a BA in divinity, and is completing an MA in ministry leadership in the year 2016 from Crown College in Minnesota. Previously Ann served for ten years as a full-time chaplain for Hospice of the Twin Cities and is currently engaged in writing.

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