



Stay in Your Lane: Judge Karen's Guide to Living Your Best Life

Karen Mills-Francis

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Welcome to Judge Karen's world, where life is as real as it gets. With the same compassion and razor-sharp wit she brings to the bench, the former Miami Dade County Court Judge and star of TV's syndicated show Judge Karen's Court delivers a book guaranteed to inspire, delight, and motivate.

Fans of Judge Karen know the phrase "Stay in Your Lane" is one of her favorite admonishments. She believes that within us all sits the moral compass to find our direction when we are lost. She has seen many broken people pass through her courtroom who operate from a place of fear and distrust. Here she offers sound advice on how to move past the hand we may have been dealt, dispel our feeling of victimization, and turn our lives around. Her no-nonsense talk will give you a push in the right direction—mentally, emotionally, physically, and spiritually.

Drawing from personal experience and her courtroom cases, Judge Karen relates to life, love, and the universal connection we all share—despite appearances to the contrary. Her stories are ripe with anecdotes that focus on everyday social issues such as being a good neighbor, cultivating positive relationships, knowing when to make a stand and when to walk away, as well as creating positive images to the world through dressing to express, etiquette, and making your home a personal sanctuary. With humor and sound wisdom, she covers five major life aspects:

- The Past: weave your way out of that traffic jam
- The Heart: stop, listen, and look both ways to avoid collisions
- Family and Friends: eliminate excess baggage (and you know who she's talking about!)
- You: make those necessary repairs
- The Future: see only clear skies ahead and embrace life's possibilities

As Judge Karen states, "I'm not the Wizard of Oz, but he and I certainly share one thing in common: We both know that we already have within us the power to find our direction when we're lost." And after going through the pages of this unique, uplifting book, you'll learn that, too. Because Judge Karen tells it like it is. And you'll be glad she did.

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