



SINCERE WALKER is the upcoming voice of the young. He is a 24 year old convicted crack dealer and transformed gangster. He has made all the wrong moves in terms of playing a good hand, but he's now committed to making all the right moves with a bad hand. In this interview, the author of the forthcoming book: Survival Of The Fittest – How To Use Your Mind And Not Your Body,” talks about understanding life, logic, love and working with Cedric Dean.

HOLDING IT DOWN

Susie: Who is Sincere Walker?

Sincere: I am the son of a loving mother...A man of morals and principles who is determined not to let past mistakes prevent me from having a productive future. So you can say I am Sincere, which is my name by birth.

Susie: Who and what inspired you to change?

Sincere: Well...God, right, and my mother have always been an inspiration to change. But recently, Cedric Dean has not only shed the light of wisdom on me, he has also been a living example of what change is. I've always been know I needed to change, but seeing and knowing that Cedric Dean endured the same hardships as myself, I realized that I could change and would change.

Susie: What has it been like to work with Cedric Dean? Have you learned anything from him?

Sincere: It truly has been a pleasure to be in the presence of a man that possesses the charisma, intelligence, loyalty, insight and genuine care for humanity that Cedric Dean does. I've learned that no obstacle is too big to conquer and there is not a person on this earth that can't be reached.

Susie: “Survival Of The Fittest,” that’s an interesting title. What does it represent?

Sincere: It represents the struggles we must go through mentally, physically and emotionally to gain understanding of ourselves and life.

Susie: How did you gain understanding of yourself?

Sincere: That's an interesting question...I have to admit that it wasn't an overnight process. I can be hard headed than most, and stubborn at times. So it took me to hit rock bottom to understand that I didn't know who I was – I only knew who I was trying to be. So with the help of God and my family, I was able to withstand the pain of being self-critical. I stopped focusing on the wrong that was done to me by others in my environment and focused on the habit I was reeking on myself. And slowly, but surely I became more comfortable and secure with who I really am and what I stand for.

Susie: Cedric Dean calls you “the voice of the young.” What is your message?

Sincere: That the youth are the future of America. And to continue losing us to death and incarceration is to allow the future to wither away. I'm dedicated to using a hands on approach to showing, instead of telling – and giving, instead of taking. This is the reason why I asked Cedric Dean if I can have the privilege of being an advocate and mentor for S.A.V.E. (Sons Against Violence Everywhere).

Susie: Thanks for making a difference. Any last words?

Sincere: Ah....I appreciate www.cedricdean.com and giving me the opportunity to be heard and BDB Publishing, LLC for agreeing to publish my book. Stay positive and productive and your time will come...if you're Sincere.