

DISCIPLINE AND DESTINY

The Secret of Success
for African Youth



ARINZE ACHEBE

Discipline and Destiny: The Secret of Success for African Youth

Arinze Achebe

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Dedication

To the African youth,
the dreamers, builders, and visionaries of our generation.

This book is for every young person who believes that within discipline lies the seed of greatness,

and within destiny lies the call to transform Africa.

May these words remind you that your future is not written by chance, but by the choices, sacrifices, and courage you embrace today.

**To the libraries yet to be built,
the leaders yet to rise,
and the nations yet to shine—
this is yours.**

— *Arinze Achebe*

Preface

Africa stands at a turning point. Never before has the destiny of our continent rested so heavily in the hands of its youth. From the bustling cities to the quiet villages, from the classrooms to the marketplaces, a new generation is rising. But the question remains: *What will we do with this opportunity?*

I wrote this book because I believe the answer lies in a single word—**discipline**. Discipline is the hidden force behind every lasting success. It is the bridge between dreams and reality, between desire and achievement. Without it, talent is wasted, potential is buried, and destiny is delayed. With it, even the smallest beginnings can grow into greatness.

As an African, I see the brilliance of our youth everywhere: in the creativity of our music, the innovation of our entrepreneurs, the resilience of our communities. Yet I also see distractions, pressures, and challenges that threaten to steal this brilliance away. That is why this book is both a call and a guide—to remind us that the future of Africa will not be built on chance or luck, but on the deliberate choices we make daily.

This is not just another book of theories. It is a book of principles, examples, and reflections rooted in the African experience. It is written in a language of hope and action, with the conviction that *you*—the reader—hold the power to shape your life and, by extension, the destiny of our continent.

My dream is bigger than words on a page. Through RINZNA SERVICES and the CONNECT AFRICA movement, I am committed to building libraries across Africa, making books and knowledge accessible to every child and every community. I believe that books are not just paper and ink—they are tools for freedom, dignity, and progress.

As you read these pages, I invite you to pause, reflect, and apply. Let each chapter challenge you to look deeper into your own habits, your own vision, and your own discipline. Because discipline is not about restriction—it is about liberation. It is the key to unlocking the destiny that already sleeps inside you.

This is more than my message—it is my mission. And I am honored that you have chosen to begin this journey with me.

Arinze Achebe
Founder, RINZNA & CONNECT AFRICA

Introduction

Every generation is given a unique assignment. Some generations are called to survive war. Others are called to rebuild after destruction. But our generation—the youth of Africa—is called to **build a new future**.

We live in the most connected age in history. With a phone in your hand, you have access to knowledge, opportunities, and people across the world. We are the youngest continent on earth, with millions of young Africans carrying dreams that can transform not only their lives but also the destiny of entire nations. Yet, with all this potential, we face a silent question:

Will we rise, or will we waste the moment?

The difference between these two outcomes is not found in talent, because Africa is overflowing with talent. It is not even in resources, because we are blessed with riches in land, culture, and creativity. The real difference is in **discipline**.

Discipline is what allows a young entrepreneur to wake up every morning and keep building when there is no applause. Discipline is what enables a student to read one more chapter when the world outside is calling for distraction. Discipline is what strengthens an athlete to train in silence until one day the world hears their name.

This book is about that discipline—what it looks like, how to build it, and how it shapes destiny. But it is also about something bigger: the destiny of Africa’s youth. Because when you discipline yourself, you are not just building your own life—you are also contributing to the story of your generation and your continent.

Think of the leaders who shaped history. Nelson Mandela endured 27 years in prison because of discipline. Wangari Maathai planted millions of trees because of discipline. Chinua Achebe wrote stories that gave Africa a voice because of discipline. They were not superhuman; they were ordinary people with extraordinary focus. And you, too, have the power to join this lineage of greatness.

As you read this book, I want you to remember one truth:
Your destiny is not in the future—it is in your daily choices.

If you can master yourself today, you can master your tomorrow. If you can take control of your habits, you can take control of your future. If you can stay disciplined, you can reach a destiny far greater than you imagine.

So, dear reader, this is my invitation to you: walk with me through these chapters. Let us uncover the secret of discipline and how it can unlock your destiny. Let us dream, not of a borrowed future, but of an African future built by Africans—disciplined, determined, and destined for greatness.

The journey begins now.

Chapter 1

Discipline – The Foundation of All Success

Every great building stands on a foundation. Without it, the walls collapse, the roof caves in, and the entire structure is lost. In the same way, every great life is built on a foundation called **discipline**. Talent may decorate the house, opportunities may furnish it, but without discipline, nothing lasts.

1.1 What Is Discipline?

Discipline is not punishment. Many young Africans grow up thinking discipline means restriction, pain, or rules forced by others. But true discipline is different. It is **the ability to govern yourself, to direct your actions toward a goal, even when it is not easy**.

Think of discipline as a muscle. The more you train it, the stronger it becomes. And just like muscles, discipline may hurt when you exercise it, but over time it builds strength, character, and resilience.

Discipline is waking up to study when your friends are sleeping.
Discipline is saving a part of your income when others are spending it all.
Discipline is saying *no* to short-term pleasure in order to say *yes* to long-term success.

Without discipline, talent is wasted. With discipline, even small abilities can achieve greatness.

1.2 The African Youth Reality

Our continent is young. More than 60% of Africa's population is under the age of 25. This is both a blessing and a challenge. We are the most energetic, creative, and connected generation Africa has ever seen. But we are also living in times of distraction—social media, entertainment, peer pressure, and the hunger for quick success.

Too many young people want results without process, money without work, fame without preparation. But destiny does not work that way. Life has a law: **whatever is not built with discipline will eventually crumble**.

History shows us this truth. Nations that invested in discipline—in education, technology, and culture—rose to greatness. Nations that ignored it fell into poverty and crisis. The same law applies to individuals.

1.3 Stories of Discipline

Let us look at a few examples, both global and African.

- **Nelson Mandela:** He endured prison for 27 years, not because he lacked escape routes, but because he disciplined himself to choose the harder path of principle. When he finally walked free, he had the moral authority to lead South Africa into a new era.
- **Didier Drogba:** Before becoming one of Africa's most celebrated footballers, he disciplined himself to train tirelessly. He once said that talent alone was never enough; it was the hours of sacrifice that built his career.
- **Chimamanda Ngozi Adichie:** Her gift for storytelling was sharpened through discipline—consistent writing, research, and revision. She turned discipline into books that inspired the world and gave African literature global respect.
- **Everyday Heroes:** Even the nameless farmer who wakes up before dawn, the mother who sacrifices her comfort to educate her children, or the student who chooses to revise instead of wasting time—all are silent testimonies of how discipline shapes destiny.

1.4 The Myth of Talent Alone

One of the greatest lies our generation believes is that talent is enough. Talent may open a door, but only discipline keeps you in the room.

- A talented singer without discipline loses their voice to unhealthy habits.
- A brilliant student without discipline fails to graduate because of laziness.
- A gifted entrepreneur without discipline mismanages money and destroys their business.

The truth is simple: **discipline protects talent.** It is the invisible armor that ensures your gifts are not wasted.

1.5 Practical Steps to Build Discipline

Discipline is not a mystery. It is a series of daily choices. Here are some ways African youth can begin:

1. **Start Small** – Commit to one small act daily, like waking up at a set time or reading 10 pages of a book.
2. **Create Routines** – Habits shape character. Build routines around study, work, and rest.

3. **Delay Gratification** – Learn to say *later* to pleasures. Success requires sacrifice.
4. **Surround Yourself with Discipline** – Walk with people who value order, focus, and goals.
5. **Track Progress** – Write down achievements. Seeing growth encourages consistency.

1.6 Reflection for Readers

Ask yourself:

- What area of my life needs more discipline—studies, money, time, relationships, or health?
- What habits are stealing my destiny?
- What one change can I make today to strengthen my discipline?

Write your answers. Keep them close. They are the beginning of your new foundation.

1.7 Closing Thought

Discipline is the foundation of all success. Without it, nothing stands. With it, everything is possible. As an African youth, your destiny is too important to leave to chance. Build it with discipline. Protect it with discipline. Live it with discipline.

Because in the end, **discipline is destiny.**

Chapter 2

The Power of Habits

If discipline is the foundation of success, then habits are the building blocks. Discipline is the decision you make once; habits are the actions you repeat until they shape your life.

The truth is simple: **we do not rise to the level of our goals; we fall to the level of our habits.**

2.1 What Are Habits?

A habit is a behavior repeated so often that it becomes automatic. Habits are powerful because they don't require daily decision-making once they are established. They quietly run in the background of your life, either pushing you toward destiny or pulling you away from it.

- Brushing your teeth daily is a habit.
- Checking your phone the moment you wake up is a habit.
- Praying, exercising, saving money, or gossiping—they can all become habits.

Habits are neither good nor bad by themselves; it is their direction that matters. A good habit is an invisible servant of your destiny. A bad habit is a silent thief of your future.

2.2 Why Habits Shape Destiny

Look at the life of any successful person. You may admire their results, but those results are built on routines and habits you don't see.

- A student graduates top of the class not because of luck, but because of consistent study habits.
- An athlete wins a medal not because of raw talent alone, but because of years of training habits.
- An entrepreneur builds wealth not because of one smart move, but because of repeated habits of saving, reinvesting, and innovating.

Habits multiply over time. A small daily act may look insignificant today, but over months and years it compounds into massive results.

Sow a thought, reap an action.
Sow an action, reap a habit.
Sow a habit, reap a character.
Sow a character, reap a destiny.

2.3 The African Youth Challenge

Many young Africans dream of success but underestimate the power of daily actions. We want transformation overnight, forgetting that destiny is not built in a day but in daily consistency.

- We dream of wealth but form habits of spending every coin.
- We dream of success but form habits of procrastination.
- We dream of impact but form habits of distraction.

The challenge is not dreaming too small; it is living with habits too weak to carry our dreams.

2.4 Stories of Habit in Action

- **Eliud Kipchoge (Kenya):** The world's greatest marathon runner is known for his extraordinary discipline and training habits. He eats simply, trains daily, and keeps his life uncluttered. His historic marathon under two hours was not a miracle—it was the fruit of habits.
- **Ngozi Okonjo-Iweala (Nigeria):** Before becoming Director-General of the World Trade Organization, she was known for her strict work habits, punctuality, and preparation. These habits made her trustworthy in global leadership.
- **Everyday African Youth:** Think of the young coder who spends two hours daily learning to code online, even without electricity or stable internet. Over a year, those hours add up to skills that change his life.

2.5 How to Build Powerful Habits

1. **Start Small** – Don't try to change everything at once. Begin with one habit. For example, commit to reading 5 pages daily.
2. **Attach New Habits to Old Ones** – If you always drink tea in the morning, use that time to also review your goals.
3. **Make It Visible** – Write your habit tracker. Seeing progress motivates action.
4. **Reward Yourself** – Celebrate small wins. A reward makes habits enjoyable.
5. **Be Patient** – Studies show it takes at least 21 days to form a habit and longer to master it. Give yourself time.

2.6 Breaking Bad Habits

Bad habits are easy to form but hard to break. Yet they can be replaced.

- **Identify Triggers** – Notice what leads you to the habit (boredom, stress, friends).
- **Change the Environment** – If social media wastes your time, delete apps or limit usage.
- **Replace, Don't Just Remove** – Instead of stopping gossip, start conversations about ideas. Instead of endless scrolling, start journaling or reading.
- **Seek Accountability** – Walk with people who remind you of your goals.

2.7 Reflection for Readers

Ask yourself:

- What are my three strongest habits today?
- Do they push me toward my destiny or away from it?
- What one new habit can I start this week that will transform my future?

Write your answers. They are the seeds of your destiny.

2.8 Closing Thought

In the end, success is not about what you do occasionally; it is about what you do consistently. Habits turn discipline into lifestyle. They transform ordinary actions into extraordinary outcomes.

If you want to know your destiny, look at your daily habits. For destiny is not built tomorrow—it is built today, one habit at a time.

Chapter 3

Time and Focus – The Currency of Youth

Every young person has **the same 24 hours in a day**, but the outcomes are different. Why? Because success depends not on the hours themselves but on **how we use them**. Time is the most democratic resource—you cannot buy more, borrow, or save it for later. Once it passes, it is gone forever.

Focus is the tool that turns time into achievement. Without focus, hours are wasted; with focus, minutes can create miracles.

3.1 The Value of Time

Time is more precious than money. Money can be earned, spent, lost, or regained. Time, once gone, is **irreplaceable**. Every hour you waste is a piece of your future stolen.

For African youth, time is especially critical. Our continent is young, full of opportunity, yet also full of distractions. Social media, endless entertainment, peer pressure, and even cultural expectations can steal hours without notice.

Think: if you spend **2 hours a day on mindless scrolling**, that's **730 hours in a year**—enough to earn a certification, learn a skill, or start a business.

3.2 Focus: The Multiplier

Focus is not natural for most people—it is a skill. It is the ability to give your full attention to the task that matters most. Focus turns small, disciplined actions into **compound results**.

- A student studying without focus reads pages but retains little.
- An entrepreneur working without focus spreads energy too thinly and fails to grow.
- A musician practicing without focus improves slowly.

Focus is the multiplier of time: **Time × Focus = Results**.

3.3 Common Challenges for Youth

- **Distractions:** Phones, apps, noise, and social pressures.
- **Procrastination:** Waiting for “motivation” instead of acting.
- **Overcommitment:** Saying yes to everything spreads energy too thin.
- **Lack of Clarity:** Without clear goals, focus has no direction.

3.4 Lessons from African Leaders

- **Ngozi Okonjo-Iweala** manages global responsibilities by prioritizing focus—she allocates time to what matters most.
- **Aliko Dangote** built Africa’s largest conglomerate by concentrating on a few businesses, refusing to chase every opportunity.
- **Local Heroes:** The young tech entrepreneur coding daily instead of attending every social event exemplifies how focus multiplies results.

The lesson is clear: **success is not about doing more—it’s about doing what matters with full attention.**

3.5 Practical Ways to Master Time and Focus

1. **Set Clear Goals:** Know what matters most this week, month, and year.
2. **Plan Daily:** Break your day into focused blocks of time.
3. **Prioritize Ruthlessly:** Not everything deserves your attention. Focus on high-impact activities.
4. **Use Technology Wisely:** Remove distractions, set app timers, use productivity tools.
5. **Rest and Recharge:** Focus requires energy. Proper sleep and short breaks improve productivity.
6. **Reflect Daily:** End each day reviewing accomplishments and planning for improvement.

3.6 Habits That Protect Time

- Start the day early; mornings are often the most productive hours.
- Batch similar tasks together to avoid switching costs.
- Learn to say no gracefully; protect your schedule.
- Automate repetitive tasks to free mental energy for bigger goals.

3.7 Reflection for Readers

Ask yourself:

- How many hours each day do I spend on activities that matter?
- Which distractions steal my time most often?
- What is one small change I can make today to protect my focus?

Your answers are a roadmap to mastering time—the currency of youth.

3.8 Closing Thought

Time is finite; focus is a skill. Together, they are the twin pillars of achievement. If you protect your time and focus your energy, you can achieve in a few years what others cannot in a lifetime.

Remember: **time wasted cannot be earned back, but time invested wisely compounds into destiny.**

Chapter 4

Resilience in the African Context

Success is not only about talent, discipline, habits, or focus. Life will challenge you, and the measure of your destiny is **how well you bounce back**. That skill is called **resilience**.

For African youth, resilience is not an option—it is a necessity. We face unique challenges: economic instability, limited resources, social pressures, and global competition. But within these challenges lies opportunity.

4.1 What Is Resilience?

Resilience is the ability to endure hardships, adapt to change, and keep moving forward despite setbacks. It is **the mental, emotional, and physical strength to continue your journey when circumstances are difficult**.

Resilience is not born overnight. It is developed through experiences, choices, and mindset.

- When a student fails an exam but studies harder the next time—that is resilience.
- When an entrepreneur’s business collapses and they start again—that is resilience.
- When a community overcomes drought, conflict, or poverty to thrive—that is resilience.

4.2 The African Youth Challenge

Many young Africans give up too soon. Dreams are abandoned because of:

- **Fear of failure**
- **Lack of support systems**
- **Discouragement from peers or society**
- **Immediate pressure for results**

Yet history shows that **resilience multiplies opportunities**. The difference between those who succeed and those who fail is rarely talent—it is perseverance.

4.3 Stories of Resilient Africans

- **Chinua Achebe** wrote his first novel despite criticism and financial difficulties, giving African literature a global voice.
- **Strive Masiyiwa (Zimbabwe)** built Econet Wireless despite government obstacles and rejection from banks.
- **Everyday Heroes:** The young farmer who struggles through a poor harvest but innovates with better techniques next season, or the student who walks miles to school when transportation fails.

These examples show that **resilience is cultivated in adversity.**

4.4 Building Resilience

1. **Adopt a Growth Mindset** – See challenges as opportunities to learn rather than threats.
2. **Embrace Failure** – Each failure teaches you what does not work; it is a stepping stone to success.
3. **Stay Persistent** – Keep taking action even when results are slow or unseen.
4. **Strengthen Emotional Intelligence** – Learn to manage stress, control impulses, and maintain optimism.
5. **Seek Mentors and Community** – Resilient people surround themselves with support.

4.5 Resilience in Daily Life

Small daily acts build resilience:

- Waking up early despite tiredness
- Studying or working when motivation is low
- Maintaining healthy habits under stress
- Keeping commitments even when inconvenient

Resilience is a muscle—you grow stronger each time you push through difficulty.

4.6 Reflection for Readers

Ask yourself:

- Which recent challenges have I avoided rather than faced?
- How can I turn failures into lessons?
- What is one area of my life where I can start building resilience today?

Write your reflections. Each answer is a step toward a stronger, unstoppable you.

4.7 Closing Thought

In Africa, resilience is more than survival—it is a strategy. The youth who combine discipline, habits, focus, and resilience become leaders, innovators, and changemakers. Remember: **your destiny is not determined by what happens to you, but by how you respond.**

Chapter 5

From Discipline to Destiny – Building the Future You Dream

We have explored the foundation of success: **discipline**, the building blocks of life: **habits**, the multiplier of achievement: **time and focus**, and the strength to overcome obstacles: **resilience**. Now it is time to bring it all together—to see how these principles turn dreams into reality and shape the destiny of African youth.

5.1 Destiny Is Built Daily

Destiny is not a mysterious gift. It is **the sum of your daily choices, repeated consistently over time**. Every action you take—or fail to take—adds to the story of your future.

Consider:

- The student who studies daily may seem ordinary now, but will become extraordinary later.
- The young entrepreneur who works persistently on a small idea may one day change industries.
- The coder spending two hours daily learning new skills may create solutions that impact millions.

Discipline transforms intention into action. Habits sustain action. Time and focus amplify results. Resilience ensures you continue despite setbacks.

5.2 Vision: The Compass of Destiny

To build your future, you need a vision—a clear picture of where you want to go. Vision is the compass that guides your disciplined actions. Without it, even the strongest habits can wander aimlessly.

Ask yourself:

- What is the life I want to create?
- How do I want to impact my family, my community, my nation, or the world?
- What legacy do I want to leave?

Write your answers. A vision written is a vision activated.

5.3 Turning Vision into Action

A dream without a plan is just a wish. To turn vision into reality, follow these steps:

1. **Set SMART Goals** – Specific, Measurable, Achievable, Relevant, Time-bound.
2. **Break Goals into Steps** – Large goals can be overwhelming; divide them into daily, weekly, and monthly tasks.
3. **Use Discipline as a Daily Habit** – Wake up, work, focus, repeat. Discipline is the engine that drives your progress.
4. **Track Your Progress** – Review your accomplishments weekly and adjust where necessary.
5. **Celebrate Small Wins** – Every small victory fuels motivation for the next challenge.

5.4 African Youth as Builders of the Future

You are not only building your own future—you are contributing to the future of Africa. Every disciplined, focused, and resilient African youth becomes a building block of a stronger continent.

Think about the possibilities:

- A disciplined young innovator creating technology that solves local problems.
- A resilient young leader shaping education or healthcare.
- Habits of saving, learning, and giving transforming communities.

Your destiny is intertwined with the destiny of others. When one African youth succeeds, the ripple effect strengthens the entire continent.

5.5 Overcoming Fear and Doubt

Even with discipline, habits, focus, and resilience, fear can slow you down. Fear of failure, judgment, or the unknown is common.

Strategies to overcome fear:

- **Face it daily** – Each small step against fear builds courage.
- **Reframe failure** – Every setback is a lesson, not a verdict.
- **Seek Mentorship** – Guidance from experienced people shortens your learning curve.
- **Affirm Your Vision** – Speak your goals aloud; repetition builds belief.

Courage is not the absence of fear—it is **taking action despite fear**.

5.6 Practical Exercises for Destiny-Building

1. **Daily Reflection** – At the end of each day, ask: “Did my actions today move me closer to my vision?”
2. **Weekly Goal Review** – Track progress, identify challenges, and adjust strategies.
3. **Skill Investment** – Dedicate time each day to learn something new that strengthens your future.
4. **Networking and Mentorship** – Connect with those who can guide and inspire you.
5. **Contribution** – Give back to your community in some way, reinforcing purpose and impact.

5.7 Reflection for Readers

- Am I living intentionally, or am I drifting through life?
- Are my habits aligned with my vision?
- What is one change I can make today to take control of my destiny?

Write your reflections. They are the blueprint for your future.

5.8 Closing Thought

Destiny is not a gift. It is the result of deliberate action, disciplined effort, and unwavering persistence. African youth, you are equipped with everything you need: energy, creativity, and potential. Combine these with **discipline, habits, focus, and resilience**, and nothing can stop you from building the future you dream of.

Remember: **your choices today write the story of Africa tomorrow.**

Conclusion

African Youth, It's Your Time

You have learned the keys to building a life of success: **discipline, habits, focus, and resilience**. These are not abstract ideas—they are actionable tools that, when applied daily, shape destiny.

Africa is waiting for you. Your generation is the largest, most connected, and most energetic in our continent's history. Every choice you make today—how you spend your time, what habits you form, how you respond to challenges—ripples into your future and the future of your nation.

The world is not obligated to give you success. It is your responsibility to **earn it, build it, and live it**. You must take ownership of your vision, protect your focus, and persevere through setbacks. When you do, you will transform your life, your community, and ultimately Africa itself.

Final Reflection

Ask yourself:

- Am I living intentionally, or am I drifting?
- Which area of my life needs more discipline today?
- How will I use my time, habits, and resilience to create a meaningful future?

The answers are your compass. Use them to navigate your journey. Your destiny is not in the future—it is **in your hands today**.

African youth, it is your time. Build. Lead. Inspire. Transform.

About the Author

Arinze Achebe is the founder of **RINZNA SERVICES** and the **CONNECT AFRICA** movement. A passionate advocate for African youth empowerment, he has dedicated his life to helping young Africans realize their potential through knowledge, discipline, and purposeful action. Through daily publishing, library initiatives, and educational programs, Arinze is creating platforms where African youth can learn, grow, and shape the continent's future.

Contact & Projects:

- WhatsApp: +225 07 78 72 86 09
- Email: rinzna@rinzna.com | rinznaservices@gmail.com
- Website: www.rinzna.com
- CONNECT AFRICA Movement: *“Empowering Africa, one life at a time.”*

Invitation to Readers

This book is more than pages—it is a **movement**. Join the libraries-in-Africa initiative, share knowledge, and take actionable steps daily to build your own destiny. Together, African youth can transform the continent, one disciplined decision at a time.

Remember: Knowledge applied is power realized. Discipline practiced is destiny fulfilled. Your journey starts today.

Discipline and Destiny: The Secret of Success for African Youth is a practical guide for Africa's next generation of leaders. Combining actionable lessons on discipline, habits, focus, and resilience, this book empowers young Africans to turn daily choices into a purposeful life. Written by Arinze Achebe, founder of RINZNA Services and the CONNECT AFRICA movement, it is both a roadmap and an inspiration for youth ready to build their future and transform the continent.

“A must-read for every young African who dreams of greatness.”

Arinze Achebe is the founder of RINZNA Services and CONNECT AFRICA - dedicated to empowering African youth to achieve their full potential.

WhatsApp: +225 07 78 72 86 09

Email: rinzna@rinzna.com

website: www.rinzna.com

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