

BWA[®]

MAGAZINE

MINISTRY EDITION

Featuring
*Pastor
Victoria Quinn*
Her
Ministry,
Books &
Mission

ARTICLES
AUTHOR
SPOTLIGHTS
BOOKS
TRAVEL
RECIPES & MORE

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God is
within her,
she will
not fall —
Psalm 46:5

Celebrating New Voices, New
Beginnings, and Global Impact

By Paulette Henson, Founder &
Editor-in-Chief

Editor's Note

Welcome to the July 2026 MINISTRY edition of BWA Magazine

Walking in Faith, Living with Purpose, and Answering the Call

Welcome to the July 2026 Special Ministry Edition of BWA Magazine.

It is my privilege to welcome you to an edition dedicated to faith, purpose, leadership, and the unwavering commitment to serving others. Every issue of BWA Magazine is designed to amplify voices that inspire change, but this special edition shines a light on individuals whose ministries, testimonies, and life journeys continue to transform lives through the love of Christ.

Our cover proudly features **Pastor Victoria Quinn**, a devoted servant leader, author, mentor, and visionary whose ministry reflects compassion, wisdom, and a steadfast commitment to helping others discover God's purpose for their lives. Through her books, teaching, and outreach, Pastor Quinn reminds us that every season of life—even those marked by hardship—can become fertile ground for growth, healing, and spiritual transformation.

This special edition also celebrates an extraordinary collection of pastors, ministers, authors, and faith leaders who have answered the call to share their testimonies and wisdom. Within these pages, you'll discover stories of perseverance, restoration, healing, leadership, and unwavering faith. Whether you are leading a congregation, serving your community, writing your first book, or simply seeking encouragement for your personal journey with Christ, we pray these stories speak directly to your heart.

In addition to inspiring author spotlights, you'll enjoy articles on faith-centered leadership, practical encouragement for everyday living, inspirational poetry, seasonal recipes, and resources designed to strengthen both your spiritual and personal growth.



At BWA Magazine, we believe every testimony has the power to inspire someone else. Every act of obedience creates a ripple of hope. Every story shared in faith has the potential to change a life.

May God continue to bless you, guide your steps, and strengthen you as you walk boldly in the calling He has placed upon your life. With gratitude and blessings,

"Let your light shine before others, that they may see your good works and glorify your Father in heaven." — Matthew 5:16

Paulette Henson, MBA

Editor-in-Chief

*I encourage you to do more
than simply read about these
authors—support them.
Purchase their books, leave
reviews, share their work—
Paulette Henson*

BWA® Magazine

WALKING BY FAITH WHEN THE PATH IS UNCLEAR

*SCRIPTURE: "FOR WE WALK BY FAITH,
NOT BY SIGHT." — 2 CORINTHIANS 5:7*

PAULETTE HENSON

There are seasons in life when God asks us to move before He reveals the destination. Abraham left his homeland without knowing where he was going. Moses stood before the Red Sea before the waters ever parted. Esther stepped before the king without knowing whether she would live or die.

Faith has never been about having all the answers. Faith is trusting the One who does. Many believers wait for certainty before acting, yet God often waits for obedience before providing clarity. Sometimes the greatest miracle isn't the open door—it is the courage to knock.



Today's leaders face uncertainty in ministry, business, family, and personal purpose. Budgets become tight. Membership fluctuates. Opportunities seem delayed. Yet God's promises never expire because of changing circumstances.

Faith means praying when the answer hasn't arrived.
Faith means serving when no one is applauding.
Faith means loving people who may never say thank you.

God often develops our character long before He develops our platform.
Instead of asking, "Lord, why am I waiting?" perhaps the better question is, "Lord, what are You preparing me for?"

Every delay has purpose.
Every season has instruction.
Every obstacle carries an opportunity to witness God's faithfulness.

As believers, we are called to trust the process, even when we cannot trace God's hand. One faithful step today can become tomorrow's testimony.

Reflection

Faith does not remove
uncertainty.

Faith removes fear.

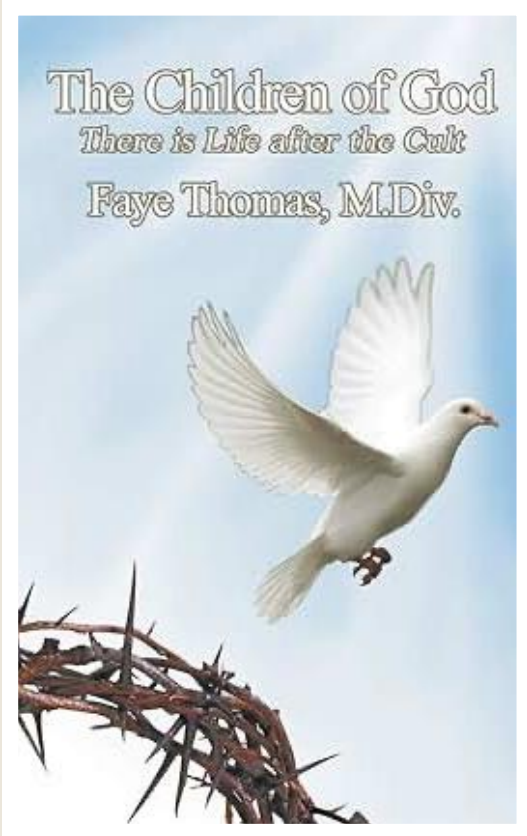
Walk boldly because,
God is already standing
in your tomorrow.

AUTHOR SPOTLIGHT



Faye

Koroma



This is the remarkable story of a young woman's harrowing experience in a religious sect and how she overcame the devastating effects that sought to take control of her life. August, 1977, Faye Thomas was the fortunate recipient of a full scholarship to study abroad in Madrid, Spain. Anticipating the opportunity to soak up the culture and pursue her studies,

Faye was unprepared for the two years of manipulation and mind control forced upon her and dozens of other women caught in the deceptive and destructive web of the Children of God. Today, many young adults will be introduced to religious cults. Cult members approach their victim by highlighting the supposed attributes of their organization, such as communal living, shared financial responsibilities and the freedom to dedicate one's life one hundred per cent to God by dropping out of school or society.

Written from personal experience, this book will empower ex-cult members as they work to rebuild their life while educating the Christian believer to have a greater awareness of the signs of cultic activity within a religious organization. Compelling, informative, and thoughtfully written,

The Children of God is a must read for anyone in need of a guiding light. Publisher's website:

A portrait of Dr. Robin Gethers, a woman with dark, wavy hair, smiling. She is wearing a white blazer over a white top, a multi-strand gold necklace with round beads, and large gold hoop earrings. The background is a soft, out-of-focus grey.

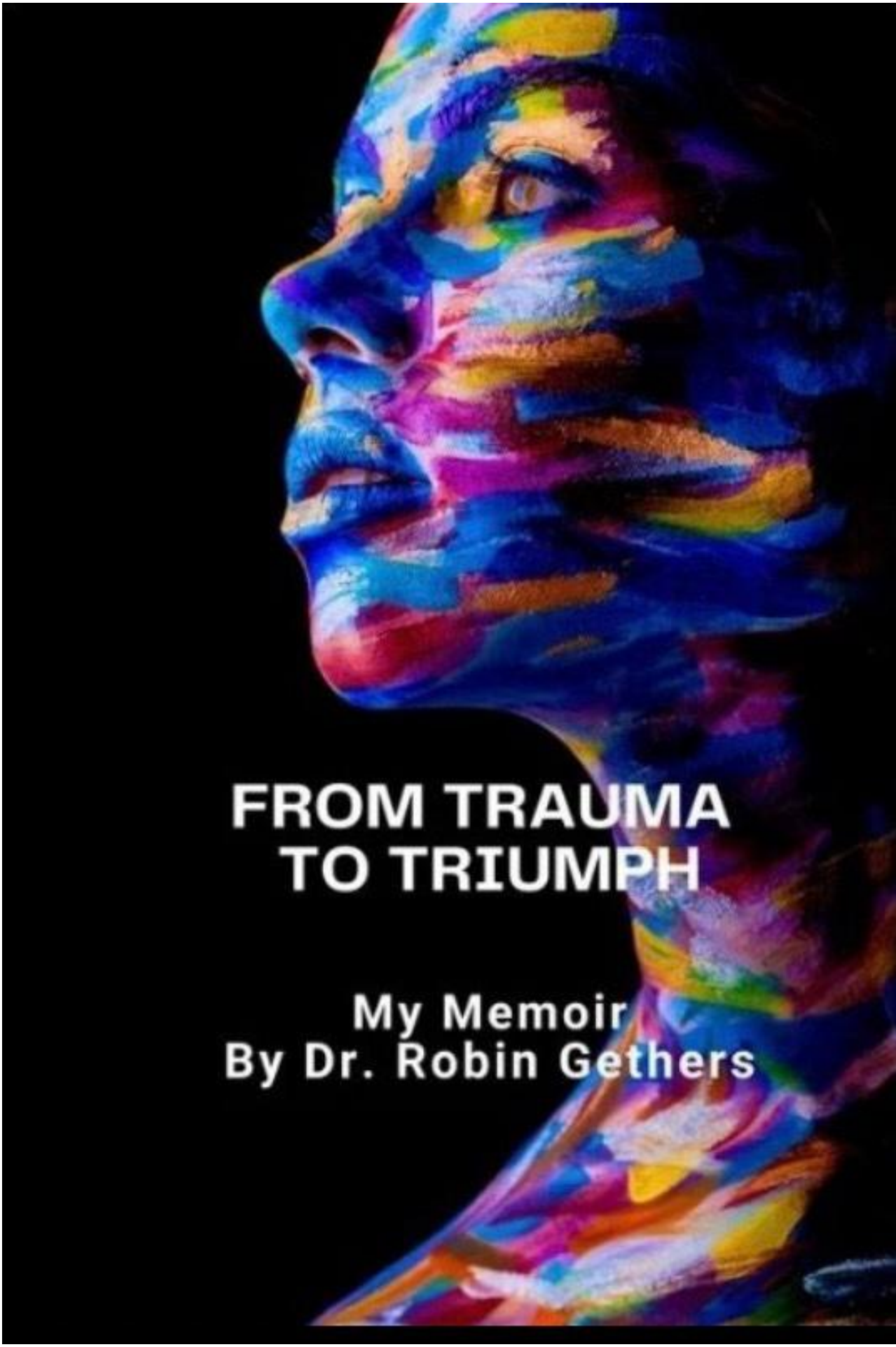
AUTHOR SPOTLIGHT

Dr. Robin Gethers

From Trauma to Triumph is my award-winning memoir—a deeply personal and powerful account of surviving childhood trauma, enduring domestic violence, and ultimately reclaiming my life. Through years of pain, struggle, and self-discovery, I learned that even the deepest wounds can become the foundation for healing, growth, and transformation.

From an early age, I carried the weight of childhood trauma that shaped how I viewed myself and the world around me. The emotional scars followed me into adulthood, influencing my relationships, decisions, and sense of worth. As I searched for love, acceptance, and security, I found myself trapped in a cycle of domestic violence that left me feeling powerless, isolated, and broken. There were moments when fear overshadowed hope and when the future seemed impossible to imagine.

In this memoir, I share my journey with honesty, vulnerability, and courage. I reveal the painful realities of abuse, the lasting impact of trauma, and the emotional battles I fought behind closed doors. I write about the heartbreak, the setbacks, and the moments when giving up felt easier than moving forward. Yet I also share the turning points that helped me rediscover my voice, rebuild my confidence, and recognize the strength that had been within me all along.



FROM TRAUMA TO TRIUMPH

**My Memoir
By Dr. Robin Gethers**

DR. KIMBERLY SMITH-DAUTERIVE

Propel Your Organization To Level Excellence

With over 23 years of experience in transforming lives, Dr. Kim is a passionate advocate for well-being and excellence. She specializes in guiding individuals, teams, and organizations to uncover their purpose, amplify unique skills, and enhance productivity. Partner with Dr. Kim to empower your organization to reach its peak performance and achieve remarkable success!



Dr. Kimberly Smith-Dauterive, M.D.

Dr. Kim has over 23 years of experience motivating, nurturing, healing, and transforming lives as she strives to achieve her motto of "healing the mind, body and spirit." She guides individuals, group, and organizations in finding their purpose and amplifying their natural talents and skills to raise them to their highest potential.



Dr. Kim founded the DoctorKSD Evolved brand with a mission to empower individuals trapped by life's challenges. By providing essential tools, DoctorKSD Evolved helps individuals overcome past hurts, break free from negatively inherited mindsets, and move beyond antiquated traditions. For INDIVIDUALS, our goal is to assist you in reaching your full potential to achieve the exceptional life you deserve. For BUSINESSES, we focus on nurturing individuals who are poised to elevate your organization to new levels of excellence, ensuring your team is equipped to drive innovation and success.

LET'S WORK TOGETHER

Need a Life Coach, Team Building Coach, or Keynote Speaker? Contact us now at info@doctorksd.com. We can't wait to help propel you to your next level of excellence.

DOCTORKSD EVOLVED



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Advanced Grief Recovery Specialist | Physician**

Live Life With Purpose On Purpose

"No one but God knew I needed this. During this time I was able to release the grief I held onto for over a year. Dr. Kim listened without judgment, but she also helped me to let go of that dark cloud that hindered me for so long. I am forever grateful I was able to let go of so much. I feel so much better!" ~ N.H

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THE SACRIFICE NO ONE TALKS ABOUT!

The learning never really stops.

And honestly...

It shouldn't.

The entrepreneurs who continue to grow are the ones who remain curious.

Every new tool has the potential to save time.

Every automation has the potential to eliminate repetitive work.

Every new skill becomes another investment in your future.

I've learned that the goal isn't to work harder forever.

The goal is to work smarter.

Technology should never replace the personal relationships we build with our clients, readers, and community. Instead, it should free us to spend more time doing the work only we can do—creating, serving, leading, and inspiring.

There are days when exhaustion sets in.

Days when the to-do list feels impossible.

Days when you wonder whether anyone notices all the effort happening behind the scenes.

Those are the days that test your commitment.

I've also learned that giving yourself permission to rest isn't giving up.

Some of my best ideas have come while taking a walk through the park, sitting quietly near the ocean, driving without a destination, or simply stepping away from my desk for a few hours. Rest isn't the opposite of productivity—it is often what makes productivity possible.

Success isn't measured by how busy you are.

It's measured by the impact you create.

If your dream requires a season of sacrifice, embrace it with purpose. Understand that every late night, every lesson learned, every challenge overcome, and every investment you make in yourself is preparing you for the opportunities that lie ahead.

One day, someone will look at everything you've built and call you an overnight success.

Smile.

You'll know the truth.

Behind every dream that becomes reality are thousands of unseen hours, countless sacrifices, unwavering faith, and the courage to keep going—even when no one else is watching.

Keep building.

Keep learning.

Keep believing.

Your future self will thank you for the work you're doing today.

— Paulette Henson, MBA

Founder & Editor-in-Chief

BWA Magazine & Publishing, LLC

The Work Behind the Dream —

People often celebrate the ribbon-cutting, the book launch, the sold-out event, or the business that finally "made it." They admire the polished brand, the beautiful website, the growing social media following, and the accomplishments that seem to happen overnight.

What they rarely see is everything that happened before the applause.

They don't see the late nights when everyone else has gone to bed, yet you're still sitting in front of your computer trying to finish one more project.

They don't see the weekends you sacrificed because deadlines don't care that it's Saturday.

They don't see the birthdays you arrived late to, the family gatherings you missed, or the social invitations you politely declined because you had a vision that demanded your attention.

Building a business isn't simply about making money.

It's about building something that will outlive you.

There have been many evenings when I've looked at the clock and realized it was well past midnight. Not because someone asked me to work those hours—but because I knew the dream required it.

Sometimes that meant researching marketing strategies.

Sometimes it meant redesigning a website.

Sometimes it meant writing another article, preparing another podcast, creating another course, or learning a new software program that promised to save hours each week.



FAITH & INSPIRATION



MORNING TEA WITH THE KING

*Daily Moments of Faith,
Reflection, and Divine Connection*

BEYOND THE TITLE. BEHIND THE CROWN.

The world sees the honor. It never sees the hurt.
Behind the smiles are silent tears. Behind the
calling is a woman learning to survive the weight
of expectation, betrayal, and scrutiny.

A JOURNEY NO ONE PREPARES YOU FOR.

From whispered rumors to public judgment.
From lonely nights to private battles.
Morning Tea With The King pulls back the curtain
on the real journey of a First Lady—one filled
with pain, purpose, and the unwavering grace of
God that holds her together when everything
else tries to break her.

HEALING. STRENGTH. PURPOSE.

This book is for every woman who has been
misunderstood, overlooked, and underestimated.
It's for every woman who had to rebuild after
the betrayal, rise after the disappointment,
and keep trusting God when it would have been
easier to quit.
You are not alone. Your story is not over.
Your purpose is still valid.

THIS IS MORE THAN A DEVOTIONAL.

It's a safe place. A sacred space.
A reminder that even in the hardest seasons,
the King never leaves your side.

*Pour your favorite cup of tea,
open your heart, and discover
what God wants to speak into
your life today.*

**BECAUSE EVERY DAY BEGINS BETTER
WHEN IT'S SPENT WITH THE KING.**



AVAILABLE AT

amazon

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AUTHOR SPOTLIGHT

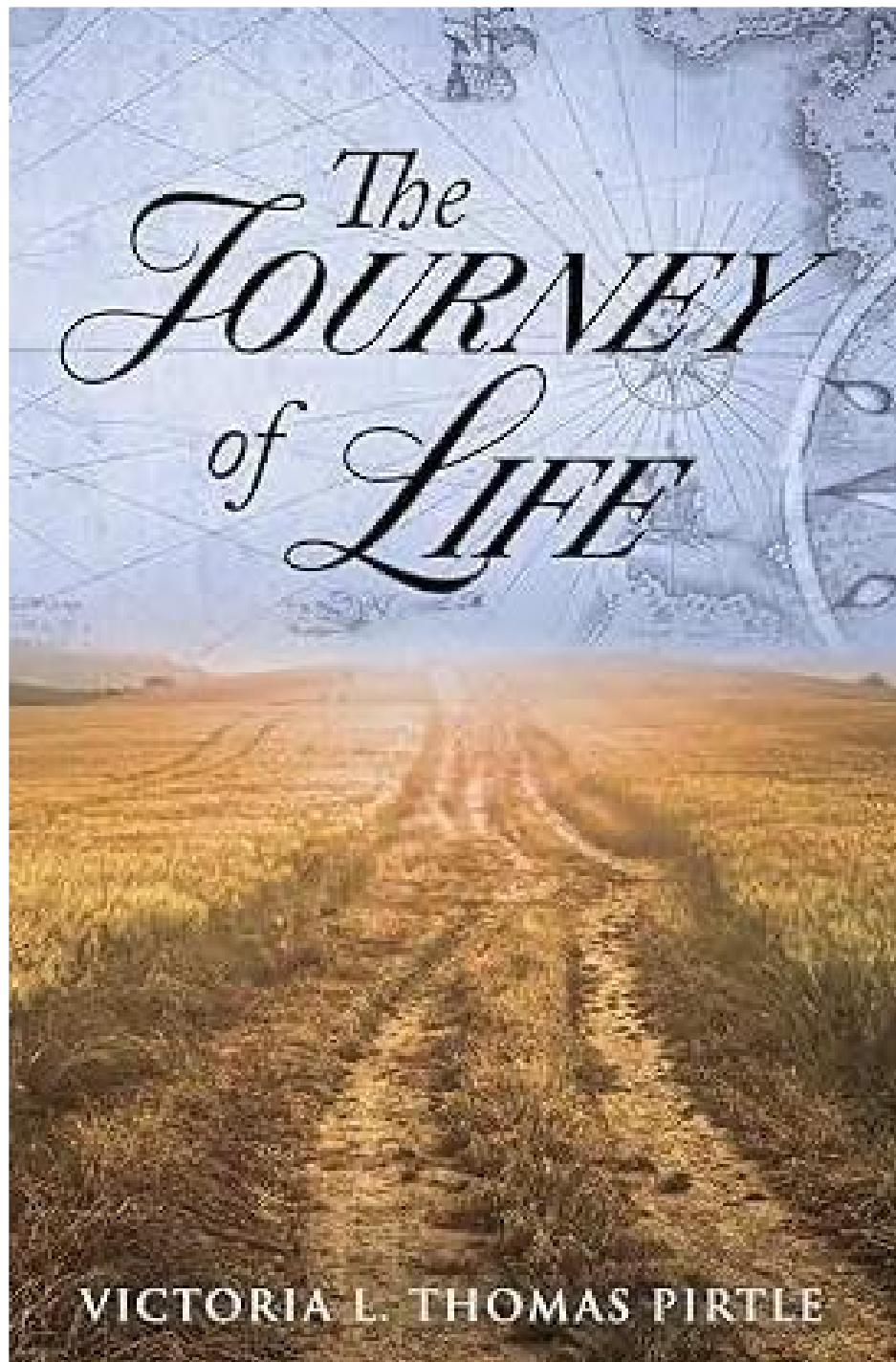


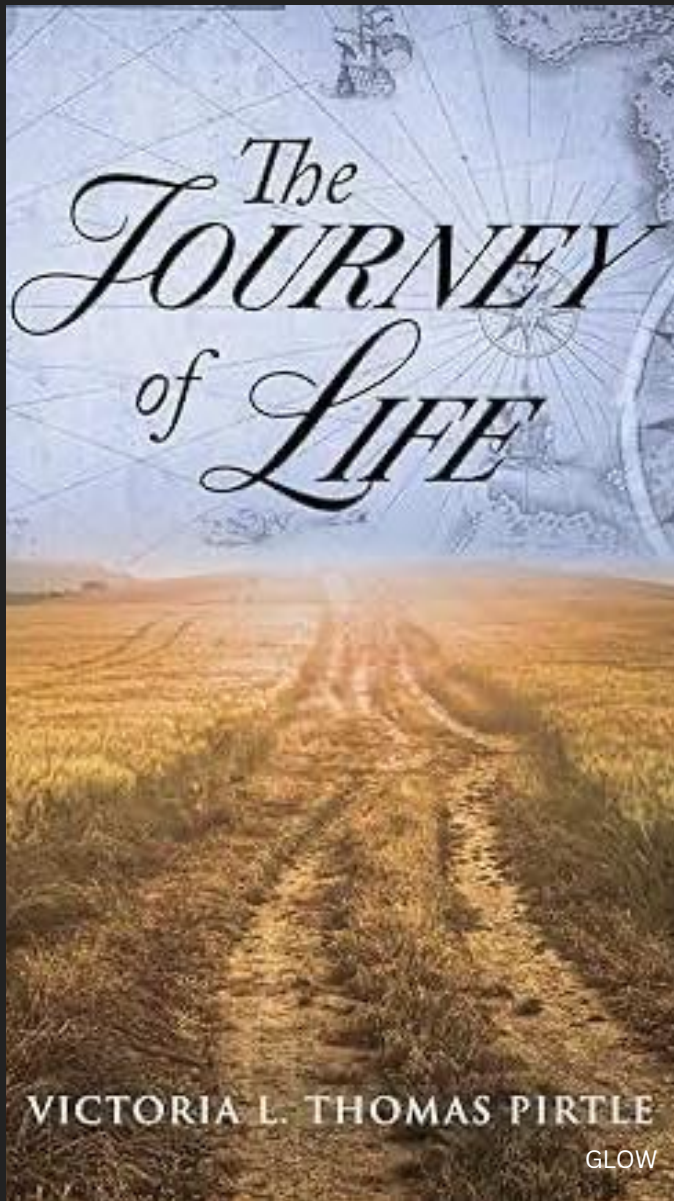
Victoria

L. Thomas Birrell

The Journey

OF LIFE





ABOUT

The Journey of LIFE by Victoria Thomas-Pirtle arrives as a powerful interruption—a call to rise, reflect, and reclaim the life you were meant to live.

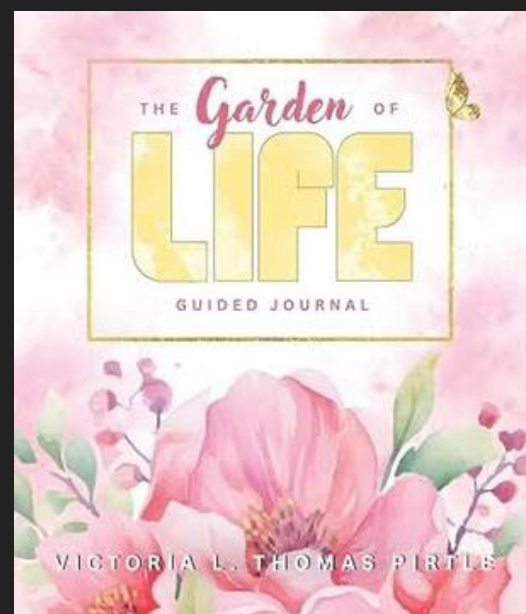
This is not a book filled with surface-level motivation. It is a transformational guide designed for those who feel the internal pull toward something greater, yet find themselves stuck in cycles of pain, delay, or uncertainty. With honesty and clarity, Victoria challenges readers to confront what has been holding them back and take intentional steps toward change.

At the core of the book are four pivotal stages of breakthrough:

- Letting go of past pain and limiting beliefs
- Investing in personal growth and self-worth
- Discovering purpose with clarity
- Emerging renewed with confidence and direction

Each stage is both reflective and actionable, pushing readers beyond comfort zones and into personal accountability.

The Journey of LIFE speaks directly to the individual who is tired of repeating the same patterns and ready to step into a new chapter. It is for those seeking healing, direction, and a deeper sense of fulfillment. More than inspiration, this book offers activation. It reminds readers that life is not meant to be endured—it is meant to be lived, fully and unapologetically.



SERVANT LEADERSHIP: LEADING LIKE JESUS

B Y P A U L E T T E H E N S O N

The world often measures leadership by titles, influence, and popularity. Jesus measured leadership by humility.

When the disciples argued over who would be the greatest, Jesus picked up a towel instead of a crown. He washed feet instead of demanding recognition.

True ministry has never been about position.

It has always been about service.

Whether you pastor a congregation, mentor youth, teach Sunday school, lead a nonprofit, or simply encourage your family, leadership begins with compassion.

Servant leaders:

- Listen before speaking.
- Encourage before correcting.
- Give before receiving.
- Pray before making decisions.
- Lead by example.

People rarely remember every sermon we preach.

They never forget how we made them feel.

The strongest ministries are built on relationships rather than reputation.

Great leaders understand that success is not measured by how many people serve them, but by how many lives they serve.

The Kingdom of God advances through humility, consistency, integrity, and love.

Leadership is not about being the first in line.

It is about being willing to stand in the gap for someone else.

When our hearts remain surrendered to God, influence becomes a natural byproduct of faithful service.





TIFFANY THURMON



Tiffany Thurmon, also known as Lady Tiff, is a woman of God and lover of God's word. She is graced as a teacher, counselor, bible study leader, facilitator and creator of L.O.V.E.E. (Loving Openly & Vulnerably to Encourage and Empower) Women Fellowship. She uses her gifts to empower, help, and encourage others to reach their potential. Lady Tiff holds an LCSW and has worked in behavioral/mental health for over 2 decades. She is known to provide a listening ear and give wise counsel to those that may seek her wisdom. Lady Tiff serves alongside her husband, in ministry at The Encounter Assembly. in Indiana. She is the mother of one son, who is her inspiration for this first book. It is her desire that her writings help people live their authentic self and reclaim their voice, take back their power and live in truth. Her mission is to inspire people to make wise life choices that will leave them healthier, happier, and fulfilling their life's purpose.

Book Trailer:

<https://www.youtube.com/watch?v=atexOOySIyc&t=5s>

Book synopsis available in the trailer.



AUTHOR SPOTLIGHT

RAQUEL G.

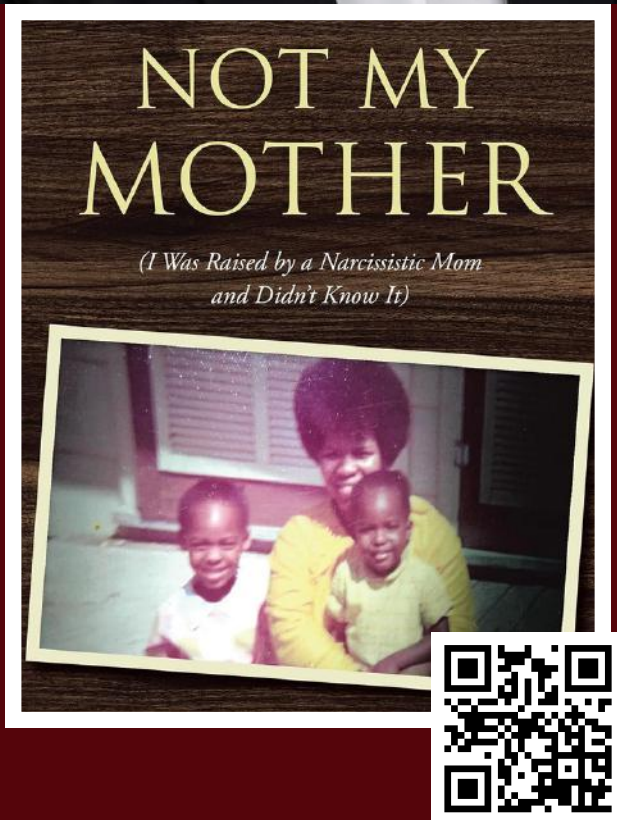
Biography



Raquel G. is first time author of her memoir "This is not my mother (I was raised by a narcissistic mom and didn't know it)". With a law enforcement background, she spent the last few years researching and learning about maternal narcissism. She brings a deep, authentic voice to her storytelling based on real life experience.

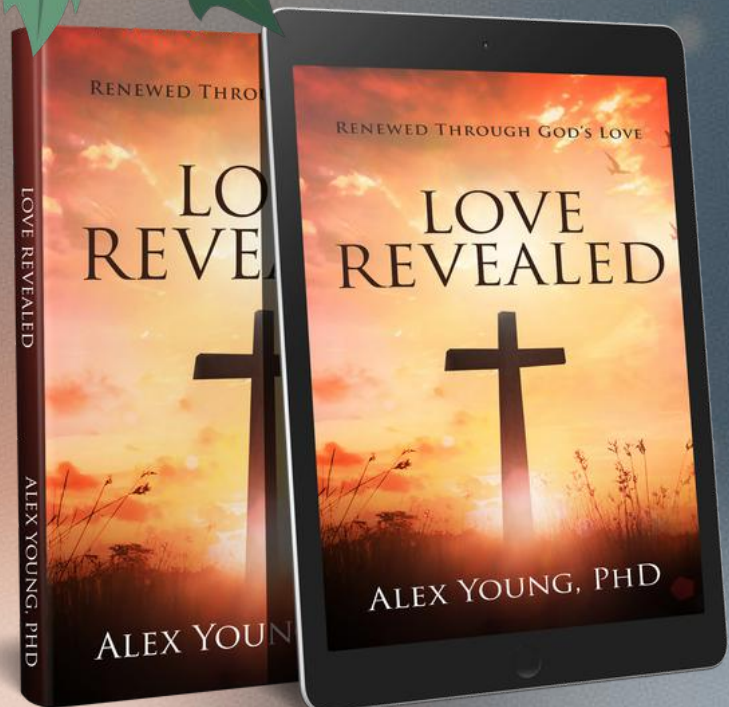
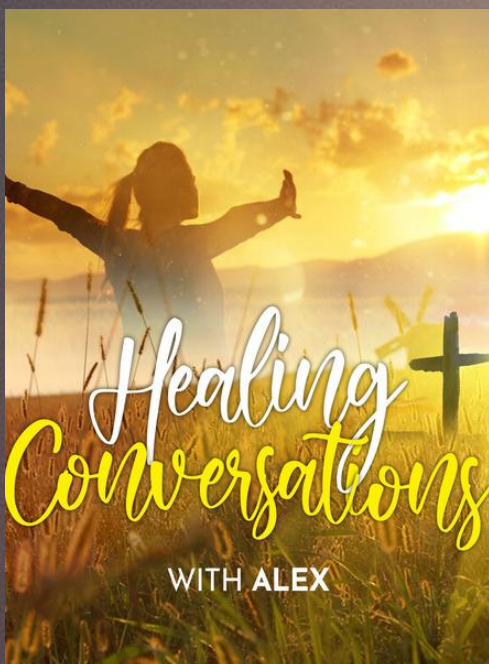
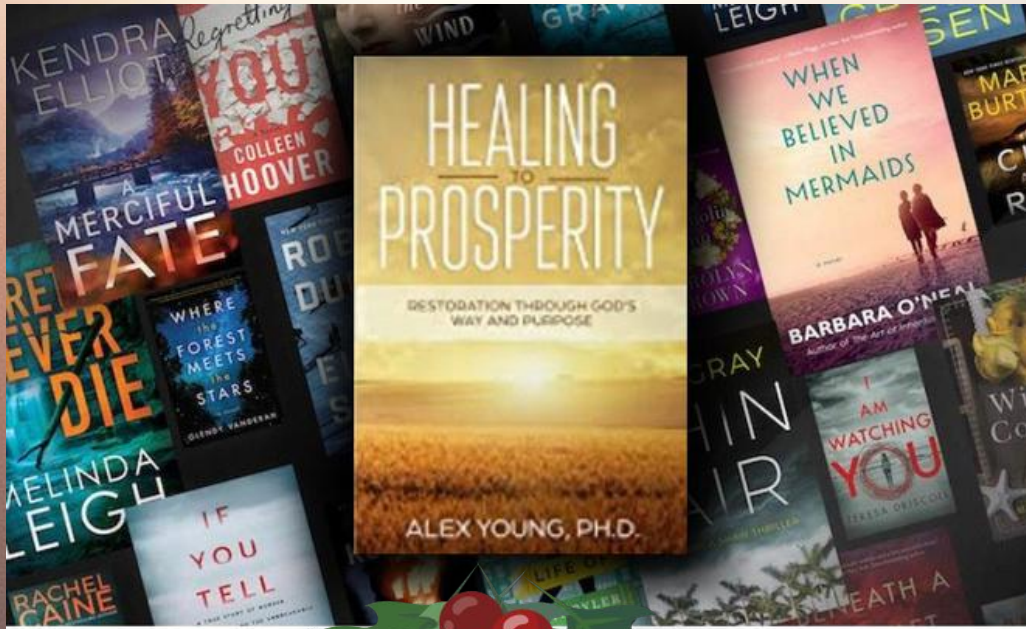
Inspired by her desire to break the cycle of pain and to speak sincerely about the kind of mother/daughter relationship most people dare to mention, Raquel writes about events in her life that demonstrate her mother's acts of narcissism, displaying lack of empathy, entitlement, grandiosity, and manipulation. Raquel's goal as an author is to introduce to some and explain to others the effects of maternal narcissism and to confirm that this type of abuse is real. Also, the goal is to expose the struggles in the life of a survivor and give hope for healing.

When Raquel is home, you can usually find her reading self-help books, watching rom-com movies, or spending time with her favorite daughter, Celeste. Currently, there are no plans to write another memoir, but Raquel is up to the challenge if the opportunity presents itself. You can contact Raquel at www.authorraquelg.com. Her memoir is available on Amazon and Audiobook.



Author

Dr. Alex Young



AUTHOR SPOTLIGHT

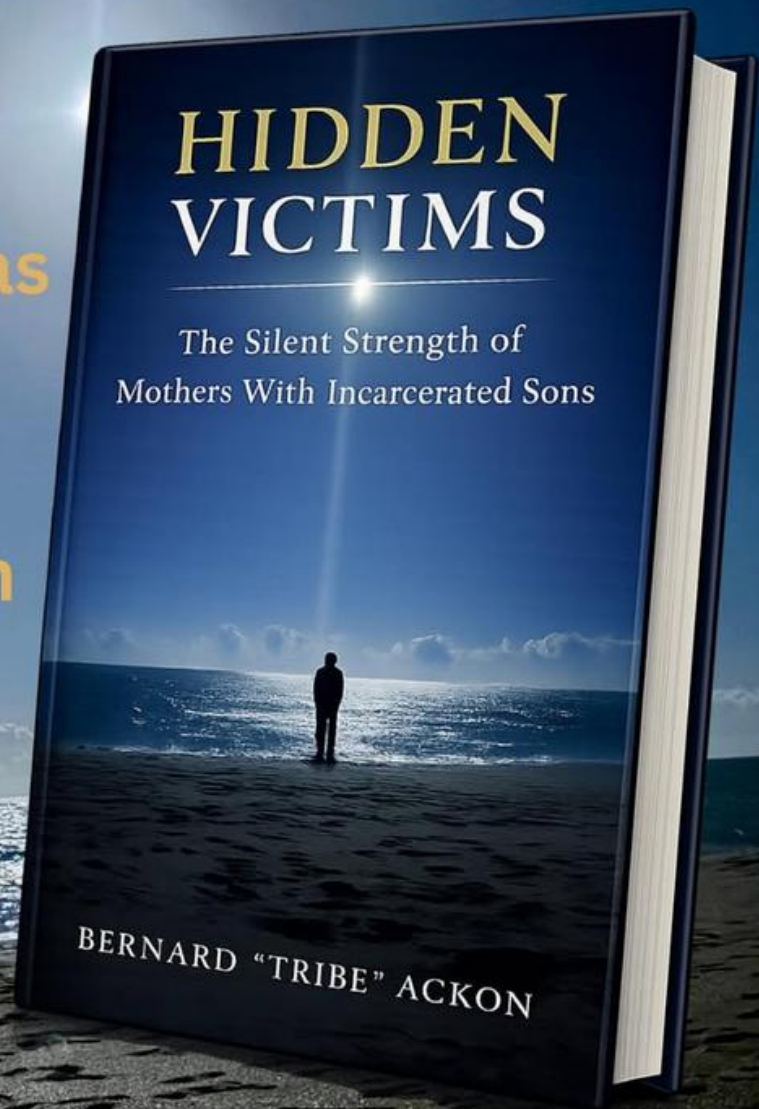


Shekethia Cash

Hidden Victims Out Now!

Her Strength Was
Silent.

But Her Burden
Was Real.



Available on Amazon &
Barnes and Noble

BARNES
& NOBLE



SHEKETHIA'S BOOK

BIBLE QUIZZES

101

Shekethia Cash has always enjoyed reading, particularly the Bible. I soon discovered that I enjoyed explaining and teaching, elaborating, using illustrations, being creative, and many times "thinking outside the box." In October 2021, led by the Lord and inspired by my passion for Scripture, I began writing Bible quizzes-a calling that grew into a thriving ministry known as Friday Bible Quiz (with 138 active participants).

Four years later (in 2025), those simple, yet educational, fun, impactful, inspirational one-day a week Bible quizzes spawned. What started out as a weekly Bible Trivia being distributed to 15 family members has now evolved into this tangible product that was published October 2025.

From a deep love of Scripture and a passion for teaching, "Bible Quizzes 101" was birthed. Rooted from a strong foundation of faith, creativity, and a desire to make learning the Bible engaging, my book offers a unique and interactive way to grow spiritually.

Shekethia is not only an author but I a devoted mother, nurse, speaker, a member of the Alpha Kappa Alpha Sorority Incorporated, and an active member of Greater Mt. Zion Church, Austin, Texas.

Shekethia's other passion is serving others. She dedicates time to community service projects and enjoys reading, painting and attending stage plays and concerts.

Facebook: Shekethia Leeks-Cash

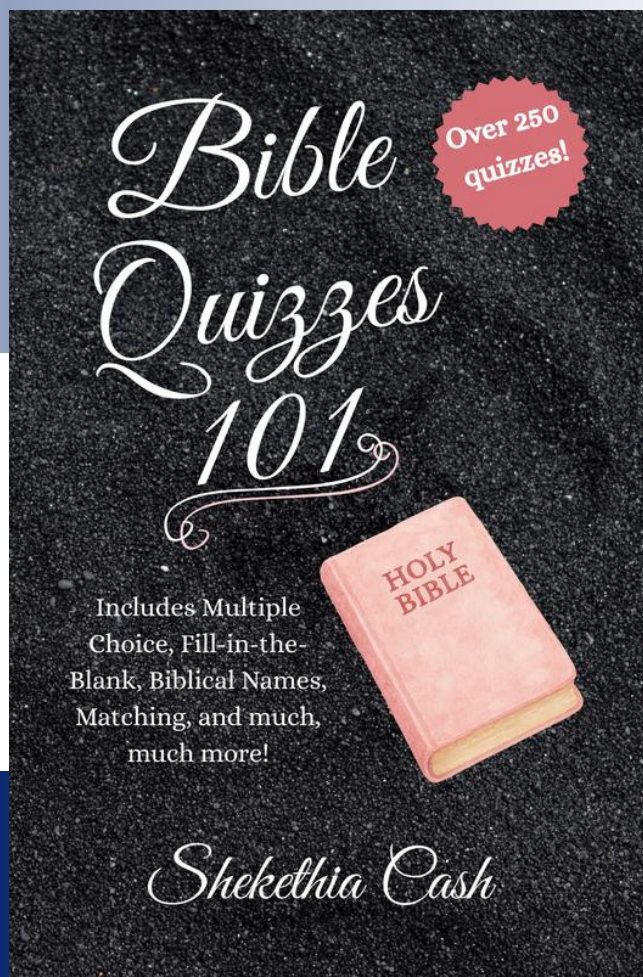
IG: Biblequizzes101

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BIBLE QUIZZES 101 IS AVAILABLE ON AMAZON

BIBLE QUIZZES 101

WWW.REALLYGREATSITE.COM



ABOUT HER BOOK

Inside my book, you'll find quizzes that are more than just words on a page. They are tools for transformation. My book is comprised of over 250 Bible quizzes and 10 different quiz formats- Name That Book, Questions, Fill-in the Blank, True or False, Who Said It, Word/Word Combinations (quizzes related to parables & stories), Matching, Multiple Choice, What's My Name and Unscramble.

The answer for each quiz is supported by corresponding Bible verse(s), and is located on the adjacent page. You'll also find thoughtful prayers, helpful definitions, index pages and space to jot down any additional reflections.

"I'm aiming to change lives one Bible quiz at a time!" Will you be a part of the change?



AUTHOR SPOTLIGHT

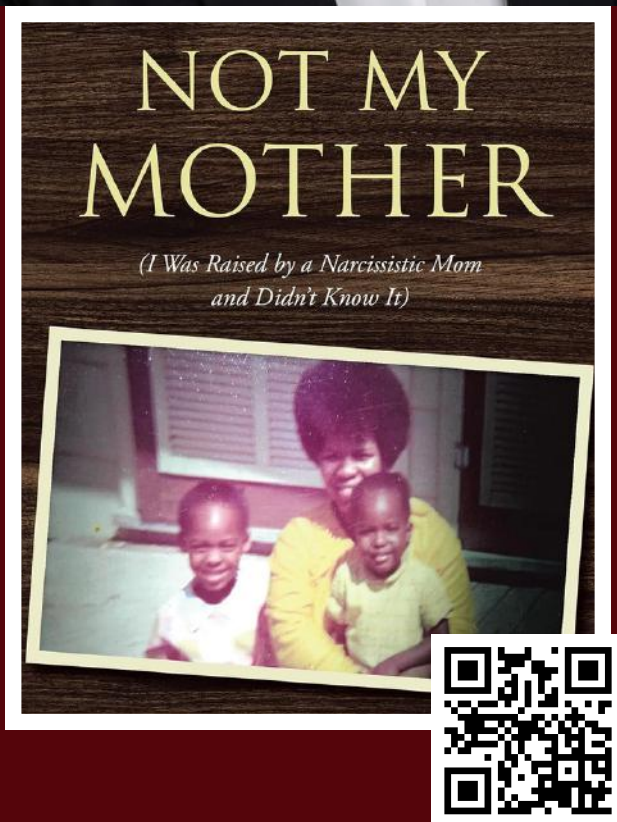
RAQUEL G.

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Inspired by her desire to break the cycle of pain and to speak sincerely about the kind of mother/daughter relationship most people dare to mention, Raquel writes about events in her life that demonstrate her mother's acts of narcissism, displaying lack of empathy, entitlement, grandiosity, and manipulation. Raquel's goal as an author is to introduce to some and explain to others the effects of maternal narcissism and to confirm that this type of abuse is real. Also, the goal is to expose the struggles in the life of a survivor and give hope for healing.

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Raquel's Book

THIS IS NOT MY MOTHER!



When it comes to the subject of narcissism, people are familiar with those behaviors displayed in a relationship between husband and wife, boyfriend and girlfriend, or boss and employee. Subsequently, people are supportive when it comes to gaining distance from these hurtful behaviors. What if the narcissistic behavior is displayed in the mother and daughter relationship? In this dynamic, the mother is exhibiting those same hurtful behaviors towards her children. This is Raquel G's lived experience.

A deeply personal journey, the memoir *This is not my mother*, explores the courage it takes to speak about maternal narcissism. This book reveals the reality of experiencing this type of abuse and finding healing. Grab your copy on Amazon today.



THIS IS NOT MY MOTHER
(I Was Raised by a Narcissistic Mom and Didn't Know It)

AUTHOR

23

BREAKING *The* CHAINS

Escaping Abuse,
Cults and Finding
True Love



LATOYA BRASWELL

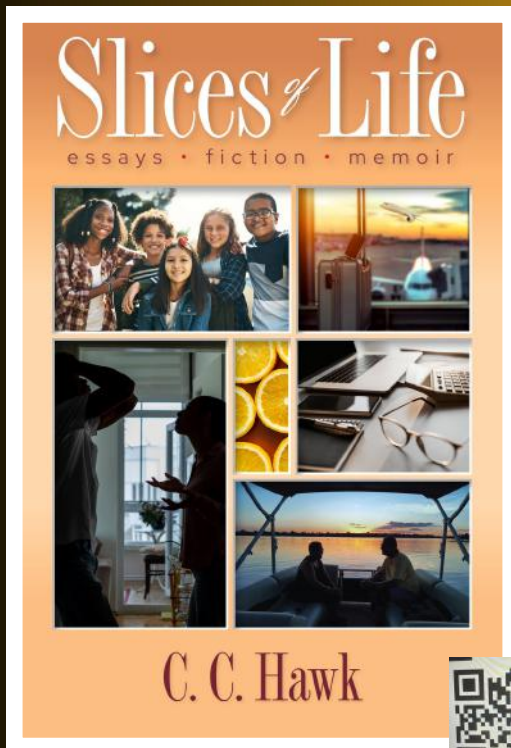


AUTHOR SPOTLIGHT

CC HAWK

C.C. Hawk began writing as a little girl but set her passion aside until retiring in 2021 and joining the San Gabriel Writers League in Georgetown, Texas. In 2024, she published *Slices of Life*, a book of 17 short stories in three genres: essay, fiction and memoir. This debut collection promises something for everyone. The engaging stories explore five theme areas: Coming of Age, Family and Friends, Love and Marriage, Career and Workplace and Travel and Adventure. They inspire, uplift and remind you of what truly matters.

C.C. was born and educated in Chicago before going to the East Coast to attend St. Paul's School, a coeducational college prep boarding school in New Hampshire and Harvard University. She then returned to the Midwest to complete an MBA in Finance at the University of Chicago. Her 30-year career included small business consultant roles at two major accounting firms, management positions at a major airline and director roles at the American Bar Association.



CC is a member of Alpha Kappa Alpha Sorority Incorporated and has always been active in her community and church where she served as a Deacon.

Among the many ministries she was involved with, she is most proud of being a longtime advocate for people living with diabetes. She founded and chaired a community-based Diabetes Education and Support Ministry for twenty years. Free monthly meetings featured presentations and Q & A sessions by a wide variety of health care professionals, health screenings and healthy meals.

She served as team captain for the group's participation in annual American Diabetes Association Walkathons and Bikeathons that raised nearly \$100,000 to fund research for this cause.

Ms. Hawk has been happily married to her soulmate for 38 years and they have an adult son. Travel has taken them to 40 states, 39 countries and all seven continents. She is retired and living her best life as a snowbird, spending the fall and winter in the Texas Hill Country and spring and summers in Chicago.



★★★★ – Strongly

Recommended: A thoughtful and engaging mixed-genre collection with a clear, humane voice, especially strong in its memoir-driven reflections on race, family, aging, and personal growth.

Purchase Here

<https://buff.ly/fabKHpR>

Contact Information

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<https://www.instagram.com/cchawkwrites/>

Hope in Every Season

Paulette Henson

Life moves through seasons just as nature does.

There are seasons of planting.

Seasons of waiting.

Seasons of harvest.

And sometimes seasons of pruning.

Many believers become discouraged during difficult seasons because they mistake pruning for abandonment.

But every gardener understands that healthy growth requires careful pruning.

God removes distractions so our purpose can flourish.

The waiting season often produces patience.

The lonely season develops intimacy with God.

The challenging season strengthens our faith.

Nothing God allows is wasted.

Even painful experiences become ministry to someone else.

Your testimony may become another person's breakthrough.

Your healing may inspire another family.

Your perseverance may encourage someone not to give up.

Hope is not wishful thinking.

Hope is confident expectation that God is working, even when we cannot yet see the results.

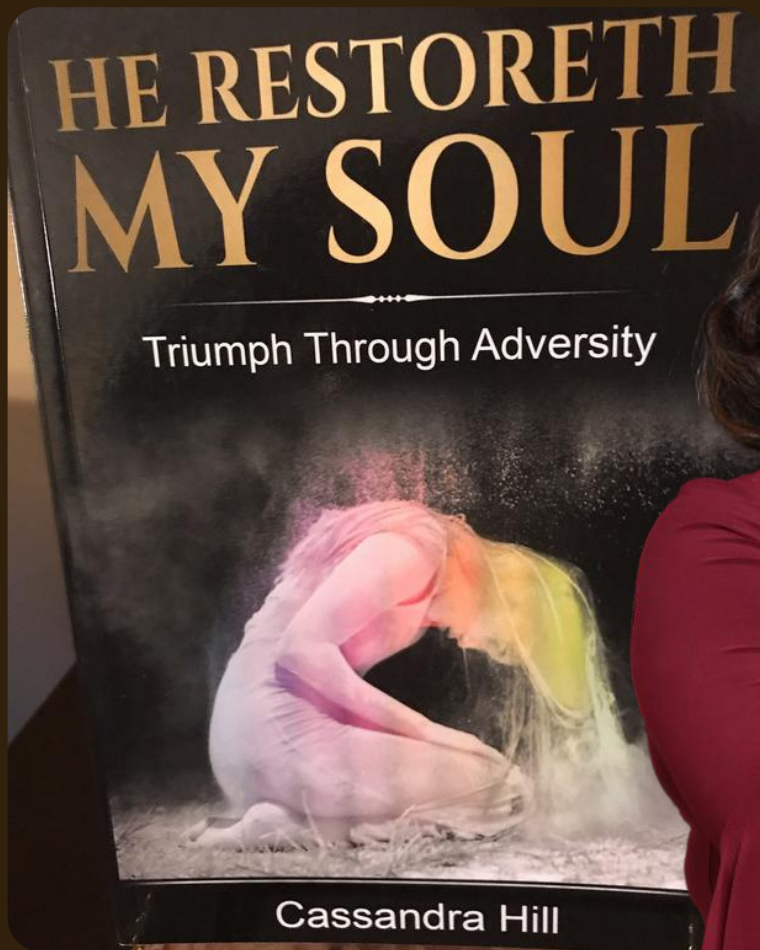
No matter what season you find yourself in today, remember this:

God has never lost sight of your purpose.

He is still writing your story.

Your next chapter may become your greatest testimony.

Author Spotlight



CASSANDRA HILL

Bio

Cassandra Hill is a Master Life Coach, Best-Selling Author, and Speaker. Her passion is empowering Black women to live life on their terms by up-leveling their emotional, spiritual, and mental well-being. Cassandra is passionate about spreading self-love as one of the solutions to eradicate the domestic violence epidemic among Black women.

Website

<https://linktr.ee/healercassandra>.



AUTHOR SPOTLIGHT



Cynthia
Fogue



About—

Cynthia Hogue, I am a scribbler note taker turned first time published author. I come from a small town in Northern Arkansas. I am a wife, mother, grandmother, aunt and a lot of things to a lot of people.

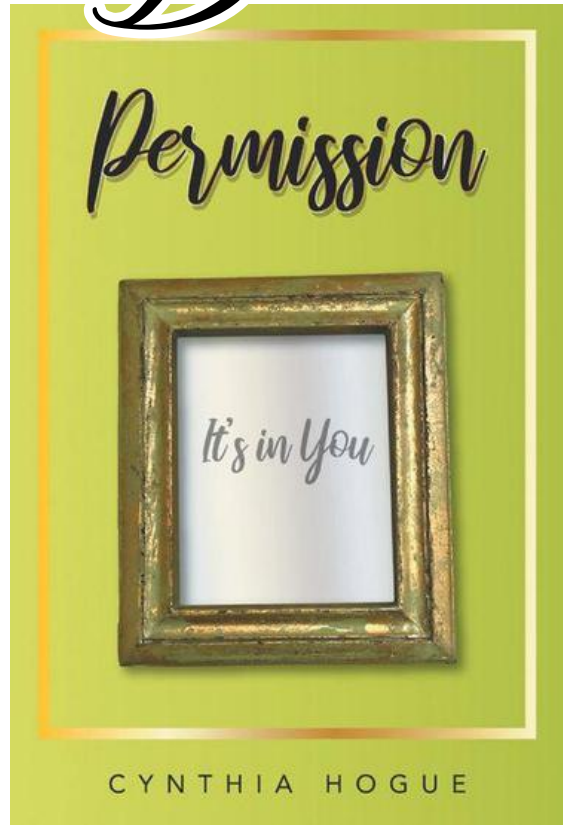
I work a full-time job; I am an associate Pastor. I love to teach and help others understand biblical truths. I also function as a women's conference host and speaker.

I wrote this book because God spoke it. There were times that I was not able to write consistently. I could see the words and hear the words but in the recesses of my mind I also heard, what makes you think you can write? What makes you think you have anything to say or that there is anyone who wants what you are offering? And then, I was reading *People I met at the gates of heaven* by Don Piper. In chapter two he wrote

"What qualifies me to write this book? His answer was, I went there and I returned." That's my reason and authority. My answer is simply, I lived it and I returned me back to me. That's my reason and authority.

Join me on the journey

The Book



Permission by Cynthia Hogue is a reflective and deeply personal collection that explores the boundaries between self and world, memory and identity. Through lyrical language and thoughtful insight, Hogue examines themes of voice, belonging, and transformation, inviting readers to consider what it means to grant oneself the permission to evolve, to speak, and to fully exist. The work resonates with emotional depth and intellectual clarity, offering a powerful meditation on freedom and self-discovery.

AUTHOR SPOTLIGHT

CHERYL GARRISON



ABOUT CHERYL

Cheryl Garrison is a publisher, coach, author and champion for women over 50. Her desire is to help women over 50 live their BEST life, right now.

For more than 40 years, Cheryl has been an entrepreneur and was awarded numerous Business Excellence awards. She is the CEO of 50Something Lifestyle, a resource, coaching business, and Becoming 50Something Publications, the publishing wing of her business.

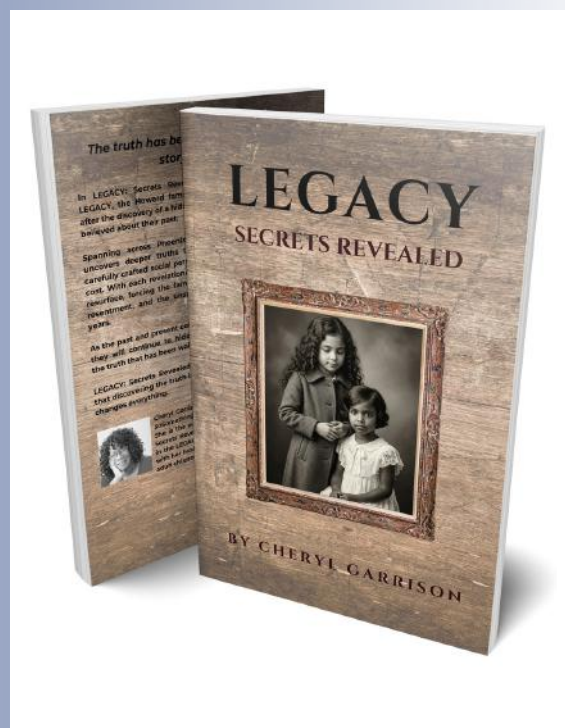
As a coach, she teaches women how to have the confidence to start and grow a business. As a publisher, she helps women tell their story in a safe and affordable place. She publishes fiction and non-fiction books.

Cheryl is the author of eight non-fiction books and two novels. Her most recent release, LEGACY: Secrets Revealed is the sequel to her first novel LEGACY: A Novel. Cheryl is passionate about exploring identity, family history, faith, and personal transformation. Through emotionally resonant fiction, she invites readers to confront the past, embrace truth, and step into healing.

Her nonfiction books include:

- Re-Invent Yourself
- From Expert to Entrepreneur
- Living Your Best Life Planner
- Finding Your Passion
- After the Storm
- Becoming 50Something Books I, II and III

CONNECT WITH CHERYL AT
CHERYL@50SOMETHINGLIFESTYLE.COM



ABOUT THE BOOK

In *LEGACY: Secrets Revealed*, the truth has been uncovered—but the story isn't over.

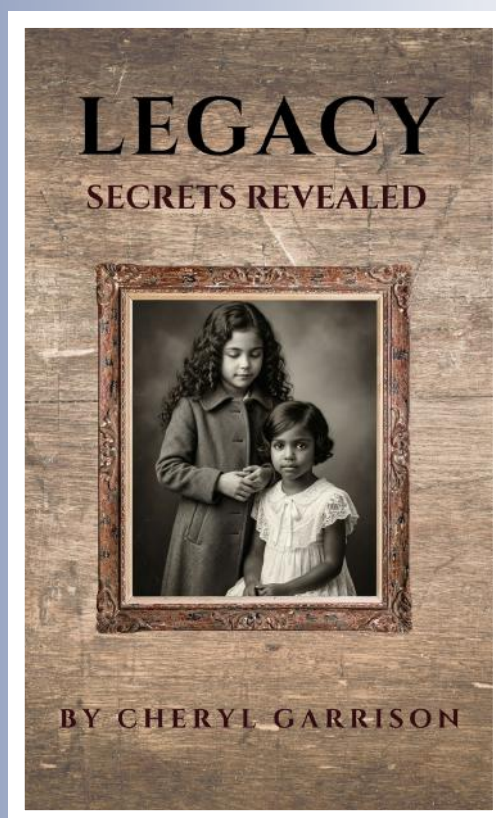
After discovering a hidden journal that changed everything, the Howard siblings set out to uncover the full truth about their past. Their search exposes deeper family secrets long buried beneath generations of silence.

As Marriah, Liz, and Nate piece together the lives of their ancestors, they are forced to confront painful misunderstandings, unresolved grief, and the social personas that shaped—and fractured—their family. The past refuses to stay hidden, and with it comes the reckoning of choices made, truths avoided, and wounds ignored.

In *LEGACY: Secrets Revealed*, the Howard family must decide whether they will continue to hide behind appearances—or finally live in truth. As long-held secrets surface, the siblings find the courage to face the struggles in their own lives and redefine the legacy they will carry forward.

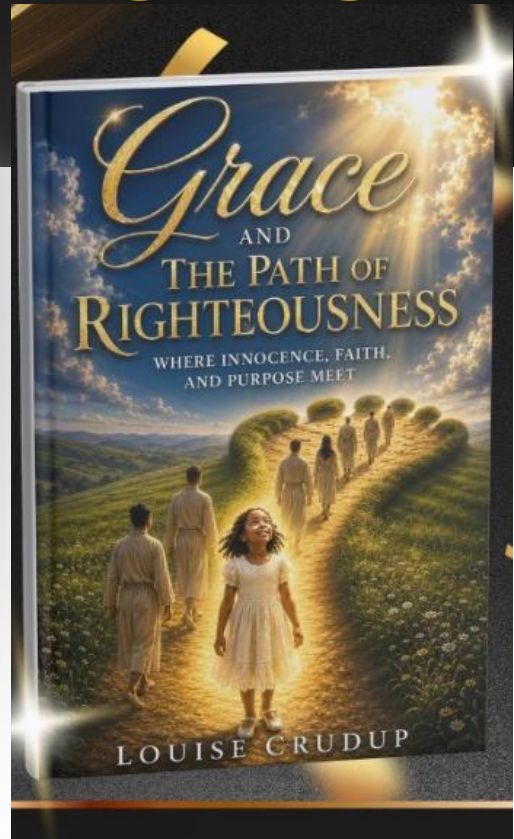
Author Cheryl Garrison delivers a moving story about identity, reconciliation, and the cost of silence in this much-anticipated second book in the *LEGACY* series.

CONNECT WITH CHERYL AT
CHERYL@50SOMETHINGLIFESTYLE.COM



AUTHOR SPOTLIGHT

LOUISE CRUDUP



Introduction:

Louise Crudup is a mother of eight and a grandmother of five. She is the oldest sister of six. She is from Concord, North Carolina also Henderson, NC. She comes from a close knit family and friends that enjoy spending time together. Louise enjoys counseling, listening and ministering to others.

She devotes her time to children, family, friends, and church. You can find Louise Crudup on Instagram [misslouis333](#).





THE MONEY BLUE-PRINT: FIVE FINANCIAL HABITS

EVERY ENTREPRENEUR NEEDS

PAULETTE HENSON

The Importance of Protecting Your Peace While Building Your Purpose

One of the biggest reasons businesses struggle isn't because they lack customers—it's because they lack financial organization.

Managing your money well is just as important as making it.

1. Separate Business and Personal Finances

Open dedicated business banking accounts. Keeping expenses separate makes bookkeeping, taxes, and financial reporting significantly easier.

2. Pay Yourself Intentionally

Instead of randomly withdrawing money from your business, establish a consistent owner's salary or distribution schedule.

3. Build an Emergency Business Fund

Unexpected expenses happen. Equipment breaks. Clients pay late. Markets shift. Having three to six months of operating expenses provides stability during uncertain times.

In today's fast-paced world, many entrepreneurs, business owners, authors, and leaders are constantly chasing success while silently battling exhaustion, stress, and emotional burnout. The pressure to grow a business, maintain visibility, care for family, manage finances, and still find time for personal wellness can feel overwhelming. Yet one of the greatest lessons successful people eventually learn is this: success means very little if you lose yourself in the process.

Balancing Business and Life is no longer a luxury – it is a necessity.

Many ambitious individuals spend years pouring into clients, customers, brands, and responsibilities while neglecting their own mental, emotional, and physical well-being. The result is often burnout, anxiety, strained relationships, lack of rest, and emotional fatigue. Society frequently celebrates hustle culture, but rarely discusses the importance of balance, boundaries, and healing.





AUTHOR SPOTLIGHT

BECKY DAVIS

A Christian, native San Antonion, salon owner, and now poet, inspired by her Heavenly Father, she began to write poetry to help her deal with certain challenges. Inturn she. shared them a few friends and clients, to her surprise they also found comfort in knowing they weren't alone.

Which led to the unveiling of the series Pain for a Purpose. In this powerful series Pain for A Purpose, Becky Davis writes for the reader who longs to understand the mysteries of life. Why does love hurt? Why do friends betray? Why. did God create me? Why do bad things happen to good people? Follow this writer through her own experiences as she discovers the meaning behind the pain through poetry.

Pain for a Purpose is a series that will keep you turning the pages from falling in love and raising a family to living for God in a world where every man is for himself.

Understanding why we go through some things make the journey more bearable. Becky Davis allows the reader into her personal space in the powerful expose, Pain for a

Why Me Lord, Why Me?

I was going through a divorce
Confused about the source
You see I saved everyone else
Why couldn't I save myself?
I knew God was against divorce
But, he allowed Moses to give us a choice
I chose to forgive
I just couldn't continue to live
With a man who didn't understand The true
meaning of his wedding band Or what he could
and could not do with his hands
God intended marriage to be forever But it will
not last without his presence
God isn't the author of confusion So my whole
marriage must have been an illusion
When it comes to God's will
We must listen and be still
To clearly understand
The meaning of his plan
He has an ordained mate
If we would only wait
Don't wait too late
To correct a mistake



Navigating Through Grief After Loss



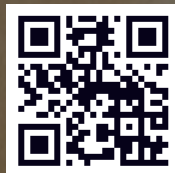
DR. STEPHANIE SULLIVAN

PJJEWELRY.SHOP

JEWELRY

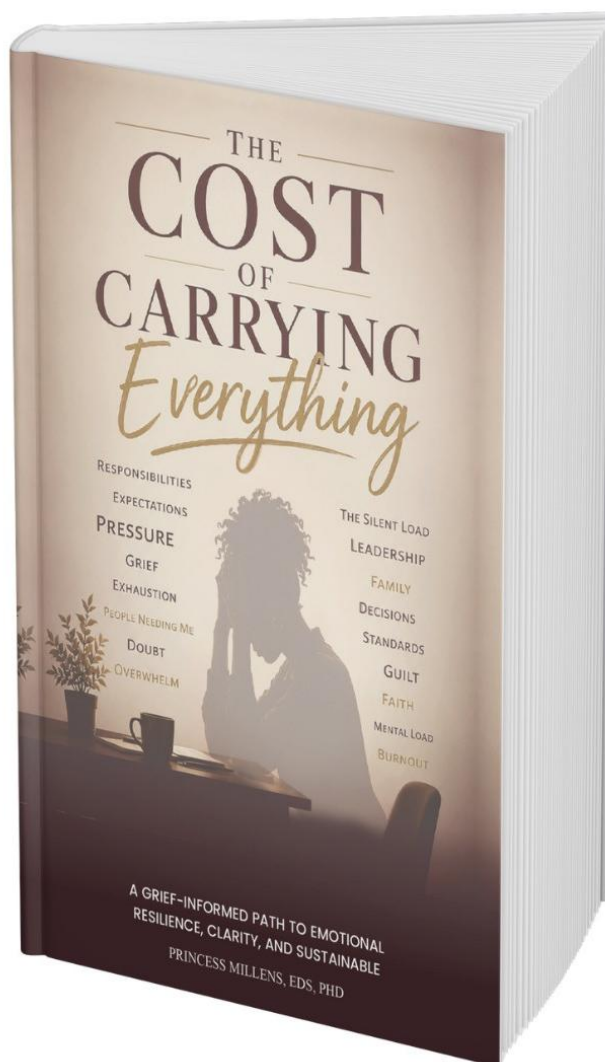


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AUTHOR SPOTLIGHT

DR. PRINCESS MILLENS



About

PRINCESS MILLENS, EDS, PHD



Dr. Princess Millens is a Leadership Grief Strategist, Resilience Educator, Christian counselor, speaker, author, and creator of the Whole-Soul EQ™ Framework. Her work is rooted in a powerful blend of lived experience, faith, education, and emotional resilience, helping women and leaders release the hidden cost of carrying everything so they can rebuild their strength, reclaim their identity, and lead from a place of wholeness.



Through her personal journey of navigating deep loss, grief, life transitions, and restoration, Dr. Princess brings faith, compassion and practical wisdom to the people she serves. She understands what it means to keep showing up while carrying private pain, and she has made it her mission to help others find language for the weight they have been carrying and tools to move forward with clarity and resilience.

As the founder of Blessed and Beautiful International, Dr. Princess equips women, faith leaders, organizations, and communities through speaking, transformational programs, leadership development, coaching, books, and resources. She is also the author of *The Cost of Carrying Everything*, her signature work, which addresses what she calls the Leadership Grief Gap™, the emotional distance between private pain and public leadership.

Whether she is speaking on a stage, teaching in a workshop, coaching women through life transitions, or writing messages of hope and healing, Dr. Princess carries a clear message: you were never meant to carry everything alone. Her work empowers others to heal, rebuild, and lead their lives with faith, resilience, purpose, and wholeness.



AUTHOR SPOTLIGHT

Sherrie Hamilton

Synopsis

It's Not My Fault is a deeply moving, courageous, and unforgettable story that follows Lena from childhood into marriage. A journey marked by pain, silence, survival, and ultimately, the healing hand of God.

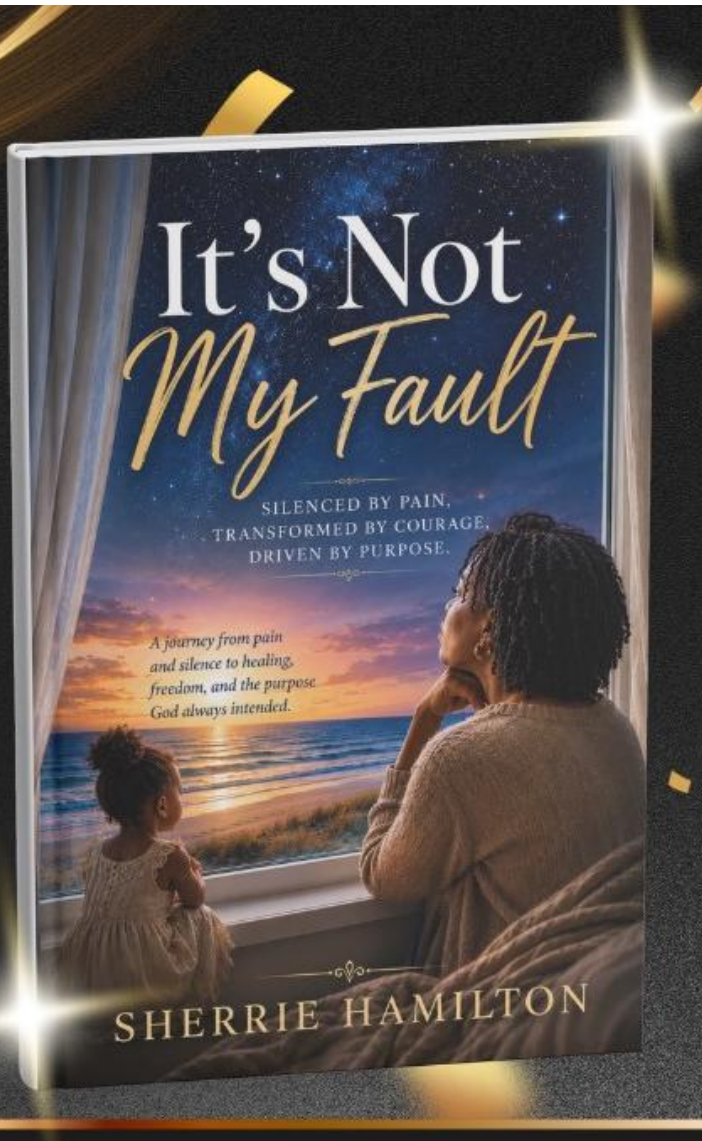
From an early age, Lena carried burdens no child should ever have to bear, living beneath the weight of shame, fear, and hidden trauma while believing her truth was too painful to be spoken aloud. What she endured could have broken her, but instead it became the beginning of a testimony that would one day speak life, hope, and healing to others.

But this is more than a story of suffering, it is a powerful portrait of restoration, healing, and the courage to speak the truth. For years, silence held Lena captive, but when that silence began to break, she realized that the pain she carried was never her fault. Through prayer, faith, and learning to trust God in everything, she discovered healing, hope, and the strength to rise above what once tried to destroy her.

It's Not My Fault is a declaration of freedom, faith, and the transforming power of God's grace. Honest, uplifting, and deeply inspiring, Lena's journey is a testimony of breaking generational silence, overcoming shame, and finding purpose through pain. This is the kind of story that grips the heart, awakens hope, and leaves a lasting reminder that through God's grace, even the deepest wounds can be transformed into healing, purpose, and a calling to touch lives through her story.

About The Author

SHERRIE HAMILTON



Sherrie Hamilton is a woman of God who believes she can do all things through Christ who gives her strength. She is a mighty woman of God who walks by faith and not by sight. Who believes she has purpose when she writes during her spare time? Her writing is more than just passing time. It's medicine that led to healing and truth. As she journeys through life, she faces trials that could have silenced her through every heartbreak, betrayal, and been misunderstood.

Somehow...she made it.

She is devoted to her beautiful daughter, Raven, who she loves dearly. She has a greater purpose in life to break unhealthy cycles in her life and others, which leads to rewriting her truth of her story.

As the author of "It's Not My Fault" more than survival, it's a journey of healing and transformation. With the grace of God keeping and guiding her to rewrite her story with boldness and turning her pain into strength led her silence to be heard.

It gave her the courage to tell her truth, and that led to purpose. She kept the faith through everything that tried to destroy her.

God did it for her and he will do it for you.



Let's Go!

The CEO Mindset: Building a Business That Doesn't Depend on You!



COVER FEATURE



Victoria Quinn

*Author,
Pastor,
Leader*



VICTORIA QUINN

Minister, Author. Leader

Victoria is a critically acclaimed Christian Mystery Thriller author known for captivating readers with the word of God through her faith-based novels, which teach, educate, empower, equip, and inspire people to overcome unexpected, life-altering disappointments, decisions, and/or tragedies. She served on the 2024-2025 San Antonio Walk Like MADD (Mothers Against Drunk Driving) Committee. She has been a Keynote speaker and presenter at various church events. She is a member of several writers' groups and book clubs. She is also the author of the multi-award-winning novel "Face of Deception," and the short story winner of "The Confession of Redemption," and "A Faith Diagnosis."

BIOGRAPHY OF VICTORIA QUINN

She is an Eric Hoffer Award Nominee and received reviews from The

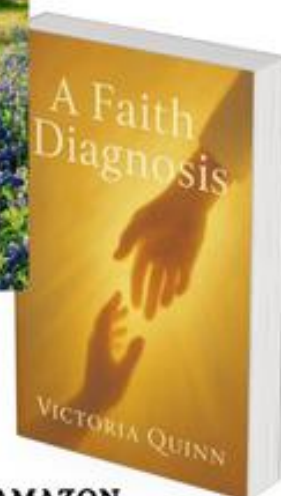
US Book of Reviews for her novel "Face of Deception," quoting that the novel "keeps readers on the edge of their seats, guessing until the very last page."

Victoria is a pastor, motivational speaker, entrepreneur, a woman of resilience, devoted wife, and mother, a few of the many God-given characteristics that best describe her. She strongly believes in family structure, therefore spending time with her husband and children is a significant part of her life. Her days begin and end in the Holy Word of God. She is a servant of God, and His words manifest itself in her writing.

To contact Victoria about attending your event, email her at Quinnquinn24@gmail.com

Victoria Quinn

**AWARD WINNER SHORT STORY
"A FAITH DIAGNOSIS"**



AVAILABLE ON AMAZON

A FAITH DIAGNOSIS

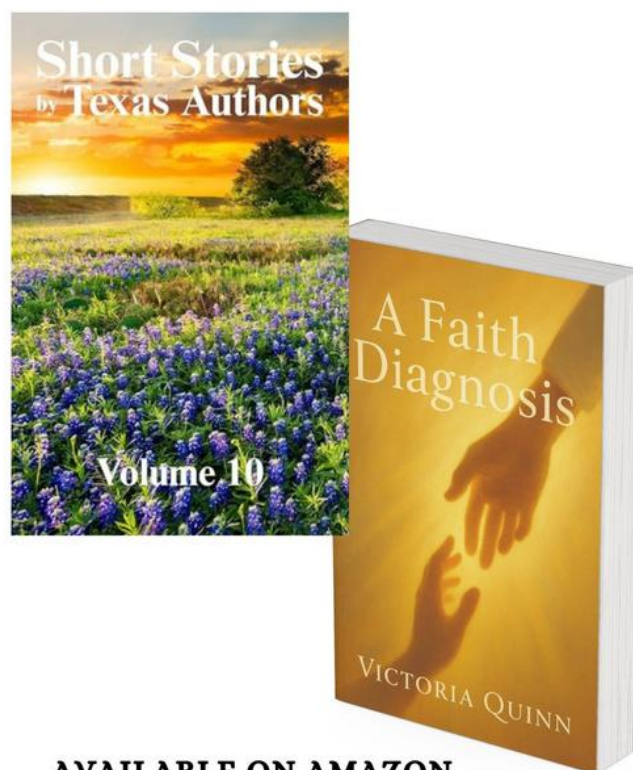
VICTORIA QUINN

When a doctor gives you a rare, life-altering medical diagnosis, everything around you suddenly seems different than before you got that devastating news. What is the first thing we do in response to that news? We tend to either panic, become depressed and fearful, asking ourselves why me? What am I going to do? How long will I live? Will I have to quit my job? How will I take care of my children? What about health insurance? What is the cost of receiving the treatment? Will I be able to afford the ongoing medication?

People say we shouldn't worry about things that are beyond our control. That may be true, but what happens when you lose faith because of what you were told at the doctor's office, which changes your overall view of life? I say it's common sense, and some may agree, while others may disagree that it's necessary and important to allow yourself to express these feelings, as they are natural human responses. But your actions from that day forward will either break your spirit and lead you to give up or uplift your spirit and inspire you to seek a solution for longevity. Now, at that vulnerable moment, your faith is being put to the test. In Hebrews 11:1 (NKJV), it says, "Now Faith is the substance of things hoped for, the evidence of things not seen." I wanted something that the doctors couldn't offer me...a faith diagnosis.

VICTORIA QUINN

AWARD WINNER SHORT STORY
"A FAITH DIAGNOSIS"



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FAITH DIAGNOSIS CONT'D

Victoria Quinn



BALANCE & HAPPINESS

Doctors often don't realize the significant impact they have on our lives as patients. Some doctors, not all, depend solely on medicine. They feel they have seen it all and treat you like another case they have seen or experienced before, but what they fail to realize is that practicing medicine is a lifelong learning journey. Just because they graduated from top medical schools and have several medical degrees doesn't mean they have learned everything there is to know about medicine.

I guarantee there will be a unique, rare occasion when a doctor has no choice but to admit that, no matter how long they have treated patients, they don't always have all the answers, especially when it comes to a rare condition. If an arrogant doctor refuses to acknowledge that they don't have an answer to what they don't know, they certainly can't give you a faith diagnosis.

Have you ever had a doctor who made you feel like you're a waste of their time, but don't have a problem taking your co-pay? Or do they take it a step further by making it obvious, through their facial expressions or body language, that they are ready to move on to the next patient? We all have. Some doctors, because of pride, make you feel like it's all in your mind, and mistreat you with their cruel

words, making you feel worse than you physically felt before you came in. That is unacceptable to those like me, who genuinely have an unknown medical condition.

When I started my journey to seek a *faith diagnosis*, I had to retrain my mind to walk and live by faith, which became my spiritual foundation and way of life that kept me connected to trusting Jesus with my health. Faith is not just an ordinary word. Faith is an *action word*; it is what you do that activates that faith. I have learned that I can no longer have the same level of faith as I did yesterday. Satan changes his strategy every day; therefore, my faith must be greater today to prepare me for the new obstacles and critical challenges that come tomorrow. I have to always be ready, so I don't have to get ready.

When people meet me, they see the glamorous makeup, elegant jewelry, fashionable clothes, sweet voice, beautiful smile, and automatically assume that I am healthy just from my outward appearance. If you knew me, you would know that wherever I go, I dress as if I'm going to see the King, but my inner body is seeking a faith diagnosis that leads to the King.

Without hesitation, I decided to take a stand and search for the perfect Physician who believed in spiritual and physical healing, yet used medication only if necessary. I searched high and low, and as I searched, my illness became worse. I prayed persistently until one day I experienced a breakthrough and was introduced to a new Doctor. He took me in without an appointment or a referral. I was told that I didn't have to fill out new patient paperwork or pay a co-pay. The most incredible thing about it all was that there was no wait time because this Doctor was expecting me.

I described to Him what the other doctors diagnosed me with, and how they were constantly writing me prescriptions that made my condition worse. He listened. He didn't rush me like other doctors did when they wanted to get to their next patient. He was gentle, comforting, and empathetic. I prayed for a Doctor like Him. He spoke to me about the importance of prioritizing my spiritual condition and then explained my physical condition afterwards. I had never experienced that from a medical doctor before, and having had many doctors in my life, this appointment was eye-opening. This Man was highly knowledgeable, wise, and extremely educated in the medical field, yet believed in the healing power of God.

I said to Him, "This medical condition has changed my life."

He replied by saying, "We all go through stages of change. Change can be for the better, but some changes can be overwhelming. We witness the world changing every day. Seasons change, environment changes, technology changes, people change, and so on. Notice that everything around us changes, everything but God. God remains unchanged. He is the same yesterday, today, and forever. That means you can count on Him to always be there for you through the suffering you endured with your health. When we're at our lowest, we tend to doubt God and say to ourselves that He doesn't care, but that's far from the truth."

I sadly sighed. "If God is capable of protecting us from suffering, why doesn't He do it?" I asked Him.

He, in return, gave me tough love by calmly saying, "That is a fair and justified question based on your emotions, but is that a selfish question to ask? According to the Word of God, Jesus endured a time of suffering, so what makes us exempt? Sometimes, God allows suffering for reasons we cannot understand or comprehend from our viewpoint. We often become so caught up in our situation that we start comparing it to other things or people, which can lead to feelings of resentment and envy."

I became teary-eyed. This was the first time I became emotional at a doctor's appointment. "It feels like I'm losing this battle."

He briefly touched my shoulder. "In this thing called life, we go through losing seasons."

"If that's the case, I've been in this losing season as far back as childhood," I told Him.

"And?"

"And when is the illness going to go away?"

"Don't allow past years of this chronic illness to discourage or deceive you. During a losing season, whether in a marriage, health, family, or career, it is important to trust Jesus' plan."

Frustrated by that answer, I wiped the tears from my face and asked, "Is my illness part of Jesus' plan?"

He answered the question with a question. "Would it change the way you feel about Jesus if it were part of His plan?"

I sat there silently as tears fell from my face onto my hands. "It wouldn't change the love I have for the Lord. He has helped me through challenging times, from nights of intense agony and pain to no pain, to numbness and tingling, to not being able to speak, to paralysis, to being able to function again, to falling on my knees begging God to take away the pain at that moment, and Him doing it."

He gave a warmhearted smile. "Believing that Jesus is still with you should reassure you that He has never left you. He is using a time like this to build your perseverance and character, so you can help someone else who may be going through a similar experience. No matter how rich or poor, or who you know, everyone goes through losing seasons. Growth, inner strength, and resilience often emerge during those seasons. The best thing about seasons is that they come and go. As you endure this difficult time regarding your health, you must go through this stormy season to understand and appreciate the rainbow of hope and promise that follows. Seasons in your life will change when you use your faith as you have. Without suffering in life, there will be no testimonies of His glory."

"I guess I worry a lot about the future because the doctors diagnose me with a condition, but can't figure out how to treat it."

"There's no need to worry when the Lord is on your side. Matthew 6:34 (NKJV), reminds us that 'planning for tomorrow is time well spent, but worrying about tomorrow is time wasted.' Worry is the opposite of faith. Worry and faith cannot coexist. One will overpower the other."

"Sometimes I want to run away from everything because I feel the doctors don't understand what I am going through as a patient," I explained to Him. "When that feeling of running comes to mind, the perfect place to run is into the loving arms of Jesus. Go to a place where you can be alone and pray."

When Jesus wanted to be alone to speak to His Father in heaven, He went to a secluded place to pray. We also have a choice to do the same. There's no statute of limitations on how many times you can kneel before God and pray for healing. Keep in mind that there are rare conditions or rare events in life that remain a mystery beyond our understanding, but nothing happens without God's knowledge or permission. We're a witness to that when we read the Book of Job."

As I listened to Him, I learned that faith is a gift that can help believers like me conquer life's health challenges through the Holy Word of God. I can always expect a spiritual attack at my weakest moments. Satan will attack my mind to get to my heart to tempt me to curse God and live in fear, but I can't allow that to happen because I plan on replacing my fear with prayer. Prayer is a weapon God has given us to defeat the powers of darkness; therefore, I need to make time each day to distance myself from the problem so I can hear God's voice more clearly. His voice will help me view life from a different perspective, rather than constantly complaining.

I stared at the Doctor with conviction and said, "These medical diagnoses make me feel like I don't know who I am anymore."

The Doctor wrote something on a notepad, never looking up as He spoke. "We have to understand that medical diagnoses do not define who we are. The doctors may diagnose you with a condition, but the Lord is still in control, not the condition. For some people, He heals instantly; for some, He heals in stages, and for others, just like Apostle Paul, His grace is sufficient enough. So, whatever the plans He has for you, never stop praying for healing."

As I sat there and continued to listen to the Doctor, I watched Him open the top drawer of His desk and pull out a prescription pad. I sighed softly with disappointment when He started writing my name on it. 'I don't want to take any more medications,' I thought to myself. Suddenly, He knew what I was thinking and said, "Don't worry. It's not another prescription. With the amount of faith you



Why I Wrote This Short Story

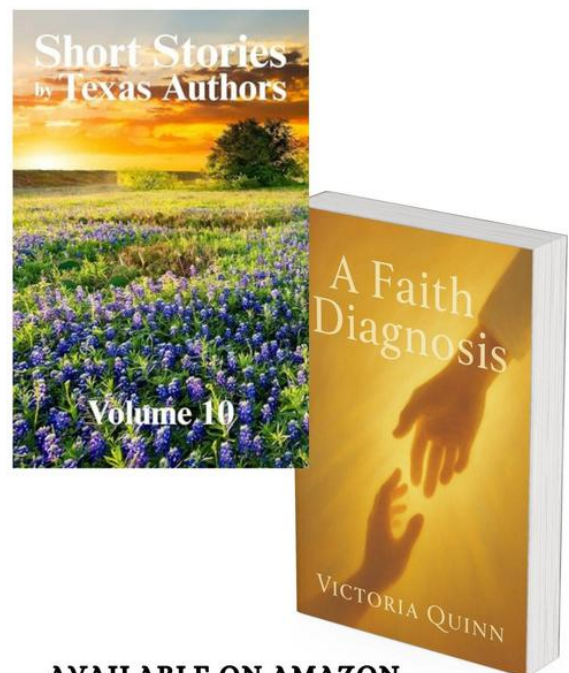
Living with a rare medical condition that CT scans and MRI's couldn't identify can be a long, discouraging journey going from doctor to doctor year after year for answers. Many people face this issue daily, making it both frustrating and challenging to deal with. I was inspired to share my experience of God's goodness by writing this short story. The Lord answered my prayers and blessed me with a miracle. Three doctors, past and present, were unable to cure my condition but were able to identify it and provide a solution to manage it, allowing me to live a more productive life. I want to inspire others to know that, no matter how hopeless it may seem, never underestimate the power of God for your healing.

HOW DO WE PERCEIVE

have, I commend you for your courage and bravery. You were determined to find Me for answers, and now, I am giving you what you are seeking." He handed me the script and smiled. "Your faith has made you well."

I took the script, but I didn't bother to look at it. When we walked out of the examining room together, the Doctor escorted me to the lobby, took my hand, and suddenly a warm sensation consumed my entire body. Although He let go of my hand, the warm feeling stayed with me. Amazed at His unforgettable touch, I didn't leave right away; instead, I watched as He approached an elderly woman in a wheelchair. He took her by the hand to stand, pushed the wheelchair aside, and the woman walked with Him. It was at that point that I stared at the Doctor in awe. Throughout my entire visit with Him, He spoke of Himself. On His medical white coat, it said 'Jesus, the Son of God.' I glanced down at the prescription script He gave me and cried. He gave me something that the other doctors couldn't give me...a 'Faith Diagnosis.'

AWARD WINNER SHORT STORY
"A FAITH DIAGNOSIS"



AVAILABLE ON AMAZON

I glanced back at the outside of His office door as He led the elderly woman behind closed doors. It said, 'The Great Physician, where people go who need healing.' Reading those words, I have never cried so much in my life, not a cry of sorrow, but a cry of joy. I waited all my life for this moment, and my persistent prayers were answered. Now I understand what the word of God says in 2 Peter 3:8 (NKJV), 'But, beloved, do not forget this one thing, that with the Lord one day is a thousand years, and a thousand years as one day.' Although it has been 47 years of prolonged suffering with this chronic illness, I realize that the time that passes on earth is not the same as God's timeline. God is always on time, every time in every situation, and receiving His healing was worth the wait.

Why I Wrote This Short Story

Living with a rare medical condition that CT scans and MRI's couldn't identify can be a long, discouraging journey going from doctor to doctor year after year for answers. Many people face this issue daily, making it both frustrating and challenging to deal with. I was inspired to share my experience of God's goodness by writing this short story. The Lord answered my prayers and blessed me with a miracle. Three doctors, past and present, were unable to cure my condition but were able to identify it and provide a solution to manage it, allowing me to live a more productive life. I want to inspire others to know that, no matter how hopeless it may seem, never underestimate the power of God for your healing.



Streamlining

Many entrepreneurs begin their businesses wearing every hat imaginable. You're the CEO, marketer, customer service representative, accountant, salesperson, and sometimes even the janitor. While wearing multiple hats is often necessary in the beginning, remaining there too long can limit your growth.

Successful entrepreneurs eventually transition from working in their business to working on their business.

That means developing systems instead of constantly solving the same problems every day. Every task you repeat should eventually become a documented process. Whether it's onboarding a client, publishing social media content, or fulfilling customer orders, systems create consistency.



Another important shift is learning to delegate. Delegation isn't about giving away responsibility; it's about multiplying your effectiveness. Focus your energy on revenue-generating activities while outsourcing administrative tasks that someone else can perform just as well.

The strongest businesses also understand the value of relationships. Strategic partnerships often create opportunities that advertising alone cannot. Networking with other professionals, collaborating on projects, and supporting fellow entrepreneurs creates an ecosystem where everyone grows together.

Bwamagazine.com

Top Strategies for Scaling Your Small Business in 2026



Lastly, never stop learning. Industries evolve rapidly. Investing in conferences, books, coaching, and continuing education keeps your business competitive.

Remember:

Your business should become an asset—not another full-time job.

Business Success Tip

Ask yourself every Friday:

"What did I do this week that someone else could eventually do?"

Begin creating systems around those tasks.

AUTHOR SPOTLIGHT

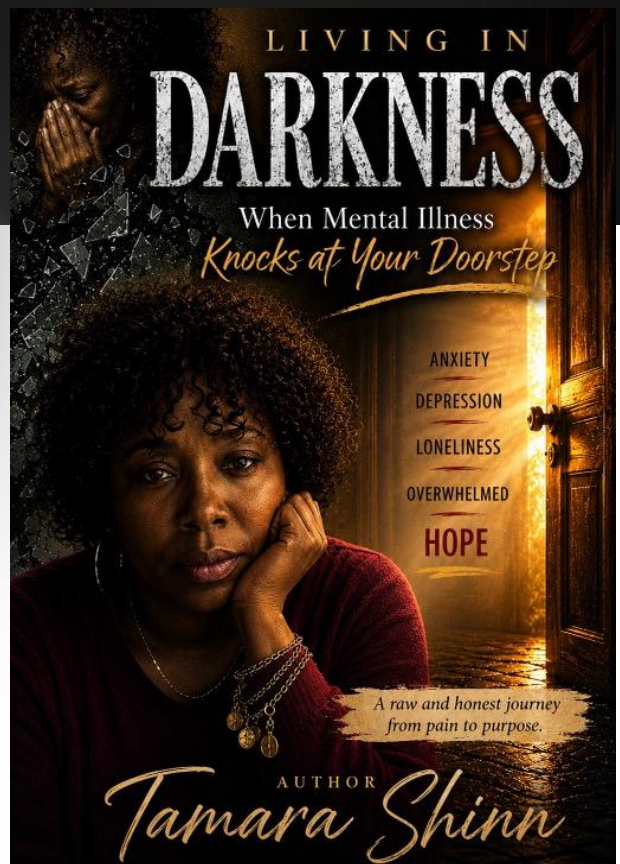
TAMARA SHINN



Tamara Shinn is an emerging author, devoted mother of three, and proud grandmother of four whose life has been shaped by faith, resilience, and the courage to keep moving forward through life's most difficult seasons. Drawing from deeply personal experiences, she writes with honesty and compassion to bring hope to those navigating the challenges of loving someone living with mental illness.

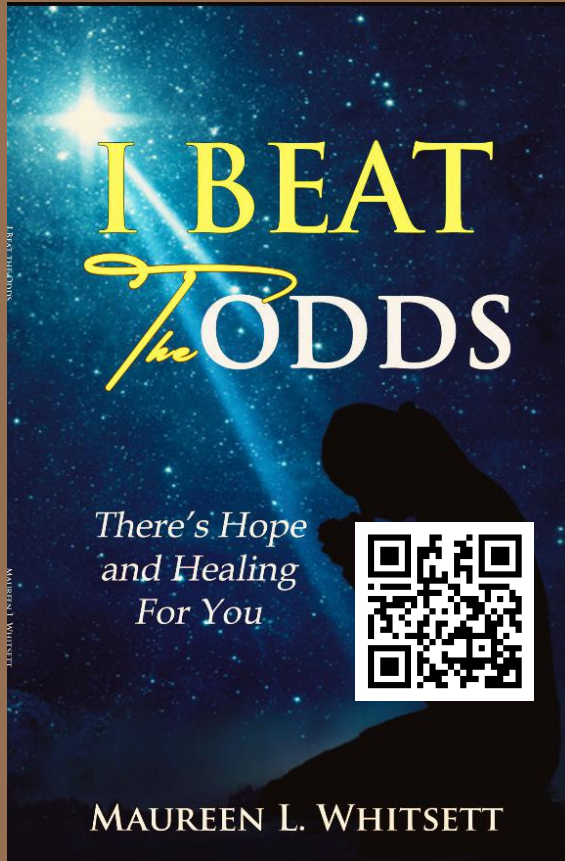
Her upcoming memoir, *Living in Darkness: When Mental Illness Knocks at Your Doorstep*, shares a powerful journey through love, betrayal, confusion, unwavering faith, and survival. Through her story, Tamara offers encouragement to women who may feel unseen, overwhelmed, or alone, reminding them that hope can still be found even in life's darkest moments.

Believing that healing begins when we break our silence, Tamara's desire is to help others find strength, deepen their faith, and discover that their story has the power to bring light to someone else's darkness. She hopes readers will walk away knowing that while the journey may be difficult, they are never without hope.





AUTHOR SPOTLIGHT



Beating the Odds: How Maureen Whitsett is Transforming Pain into Purpose Through Faith

"My story is proof that no matter what you've faced, through faith in Jesus Christ, there is still hope, there is still healing—and you can still rise."

In a world where many women carry silent battles, Maureen Whitsett is using her voice to bring hope, healing, and restoration. A faith-driven author, speaker, and founder of Queen of the Keys Publishing, she creates space for women—especially Black women—to reclaim their stories with boldness and faith.



MAUREEN L.
WHITSETT

Having overcome trauma, mental health challenges, and life's most difficult seasons, Whitsett writes from lived experience. Her book, *I Beat The Odds, There's Hope and Healing For You*, serves as both a testimony and a lifeline, reminding readers that their past does not disqualify them from purpose. Through her publishing platform, she equips aspiring authors with the tools and confidence to share their voices. Rooted in faith and excellence, her mission is clear: to inspire healing, empower voices, and help others walk boldly in their God-given purpose.

Website: <https://thequeenofthekeys.com>
The Queen of the Keys, LLC



Poetry is Life!



The Seed Within By Paulette Henson



Every dream begins as a whisper,
A quiet hope planted deep inside.
It doesn't arrive with applause,
But with courage deciding to rise.
The seed cannot fear the darkness,
For roots are formed where no one can see.
The strongest trees don't grow overnight—
They grow through patience and belief.
When storms begin to shake your branches,
Hold tighter to the vision you first knew.
Rain doesn't come to destroy the harvest;
Sometimes it comes to strengthen you.
So plant your purpose.
Water it with faith.
Protect it with discipline.
And trust the process.
One day,
The very ground that challenged your growth
Will become the place
Where others find shade beneath your success.



Poetry is Life!



Morning Prayer



Before the sunrise paints the sky,
Before the birds begin to fly,
I lift my heart and bend my knee,
Lord, let Your Spirit strengthen me.
Guide my words and guard my way,
Fill my heart throughout this day.
May every step and every breath
Reflect Your love until my rest.



AUTHOR SPOTLIGHT

CORLICE BURNS



Introduction:

At the age of twenty-three years old, Candace stood on the edge of everything she had ever known. North Carolina was more than just the place where she grew up, it was her foundation. It was where her roots were planted deep, where her family lived and where her memories were made. It held the laughter of childhood, the lessons of adolescence, and the quiet familiarity that made life feel safe. It was home in every sense of the word.

Life has a way of pushing you forward, even when it means leaving everything behind. Fresh out of college, Candace found herself facing one of the biggest decisions of her life. Nearly a thousand miles away, in Texas, stood the man she loved, her college sweetheart, waiting for her to begin a life together. Following her heart meant stepping away from the comfort she had always known. It meant leaving behind routines, family dinners, familiar streets and the version of herself that had only ever existed in North Carolina.

At this point in her life, she believed she was ready. She believed love would guide her, courage would carry her, and everything would somehow fall into place.



What she didn't yet understand was that growth often lives in the unknown, in the spaces where comfort disappears and faith must rise in its place. Moving from North Carolina to Texas wasn't just a change in geography. It was the beginning of a journey that would stretch her, test her, and ultimately transform her. It would teach her about love and independence, about sacrifice and resilience and about the quiet strength it takes to build a life far from everything that once made her feel secure.

This book is the story of that journey. It's about what it means to follow love across state lines and into a completely new chapter of life. It's about the excitement of new beginnings, the challenges of leaving what's familiar and the lessons learned along the way. Most of all it's about discovering who you've become when you step outside of everything you've known and trust that the path ahead, no matter how uncertain it is still meant for you.

Looking back now, Candace realizes that 23 wasn't just the age she moved away from home. It was the age she truly began her life. And this is where the story begins.

AUTHOR SPOTLIGHT

ELAINE PERKINS

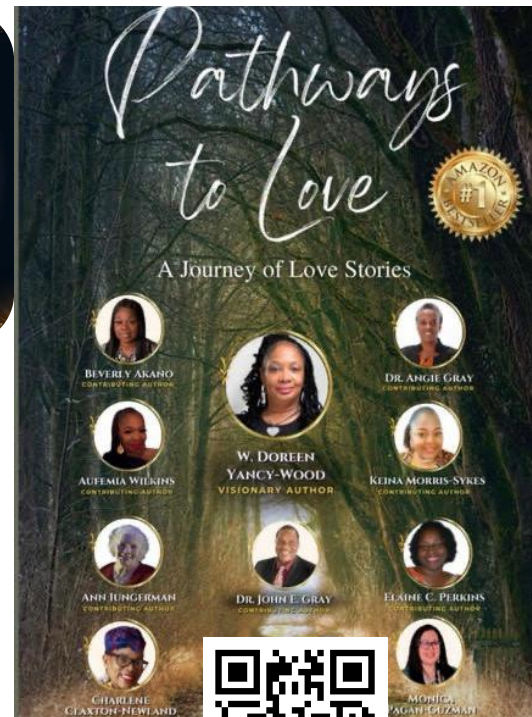


Elaine C. Perkins is a dedicated educator and passionate advocate for lifelong learning, with a career spanning more than 30 years in the New York City Department of Education. Raised in Brooklyn's District 13, she began her journey serving the very community that shaped her, impacting thousands of students over two decades.

Elaine holds an Advanced Certificate in Administration and Supervision, a Master's Degree in Mathematics Education, and a Bachelor's Degree in Elementary Education. Her teaching experience spans elementary and middle school classrooms, where she has instructed students in mathematics, physical education, technology, and writing, while also supporting at-risk students through academic intervention.

Beyond the classroom, Elaine served 14 years as a Staff Developer, training educators across New York City, and contributed to the nationally recognized Algebra Project. She also shared her expertise as an Adjunct Professor at the College of Mount Saint Vincent.

Extending her passion into wellness, Elaine became a coach with Weight Watchers after losing over 70 pounds. A woman of faith, devoted mother, grandmother, and community leader, she continues to inspire others to live healthy, purposeful, and fulfilling lives.



This anthology invites readers into the varied journeys of life, where each author courageously shares personal experiences. In their stories, you may recognize familiar moments and discover you are not alone. Each voice points to a source greater than themselves—God, the giver of strength. This collection reminds you that you are not defined by what you have faced, but are being shaped into something greater. Within every heart is a divine love story with God. Invite Him to reveal yours more fully today as you reflect pray and embrace hope healing and renewed purpose for your life ahead each day.

bwamagazine.com,

AFFIRMATIONS FOR BLACK MEN



Rewire Your Brain For Success in 30 Days
with Inspiring and Motivation Affirmations
About Money, Wealth, Health, Confidence
and Abundance (Part 1)

DABERECHI N



MEDITATIONS FOR BLACK MEN 5-IN-1



FEEL CALM INSIDE, SLEEP IN
PEACE, MELT AWAY WORRY, KEEP
YOUR MIND SHARP, AND STAND
STRONG IN HARD TIMES

Daily
Meditation
for
Strength
and Peace

JAREN KNOX



TY NESHA



*Dear
Black King*

Can I Fix Your Tilted Crown?
(Love Letters and Affirmations to the Black King)



BLACK MEN AUTHORS

THE WHOLE MAN

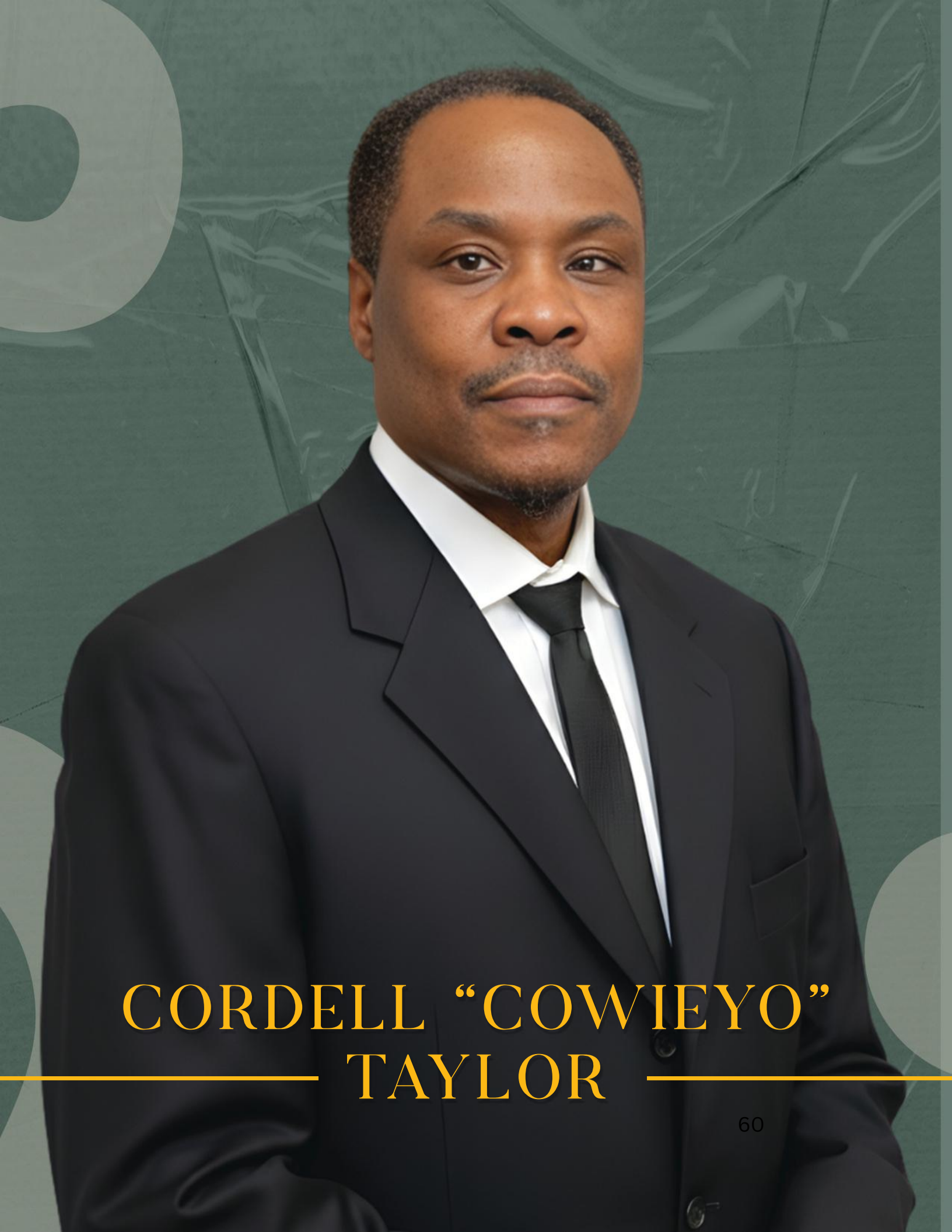
40 SPIRITUAL REFLECTIONS
FROM BLACK MEN ON THE
HEAD, HEART, HANDS, AND SOUL

General Editors

RASOOL BERRY, DR. MALIEK BLADE, JEROME GAY JR.

Includes
Video
Access



A portrait of Cordell Taylor, a Black man with short dark hair and a light beard, wearing a dark suit, white shirt, and dark tie. He is looking directly at the camera with a neutral expression. The background is a textured green with large, faint, light-colored circular patterns.

CORDELL “COWIEYO” TAYLOR

The Lord Is My Inspiration: For God's Nation

Grace Written in Chains

The Lord Is My Inspiration: For God's Nation testifies that even in one's darkest nights, God's light can still break through. Written from a place of redemption, the book calls readers to rekindle joy, conviction, and peace through a renewed relationship with the Lord.

It reminds believers that God's love is powerful, personal, and everlasting—a love so deep it was willing to die for us. Each page encourages readers to turn from the false promises of the world and embrace the unwavering friendship of our true Savior.

Be inspired. Be renewed. Be reminded that you are God's masterpiece.

PROSE POETRY - For those who like the epiphany of poetry but enjoy the swift flow of prose.

INSPIRATION - For those starting out in their faith journey and seeking to find stories of redemption.

FUEL - For Christians looking to consume more Christian literature to ignite their faith.

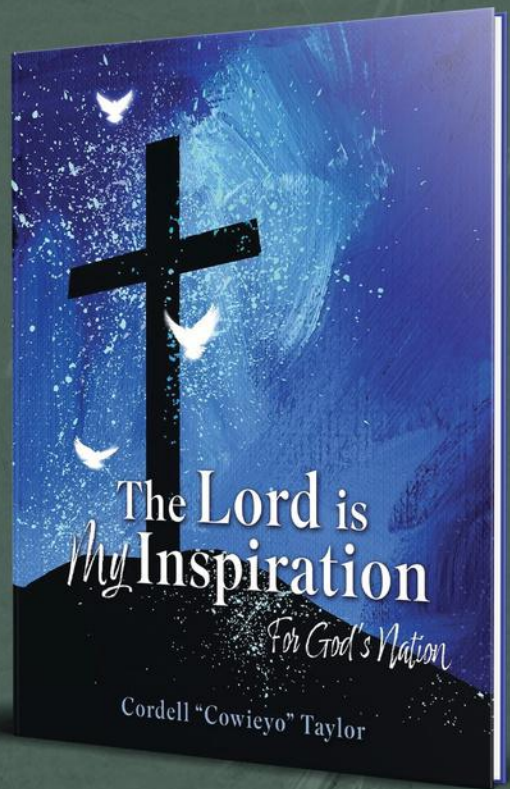
"Through all the years, he has been right there. Now, his voice I can hear. So, I will keep on walking this way until the day he takes me away, all because I finally found true love today!"

Adrianne Toski

Cordell's poems are so powerful. After reading one, your energy will change immediately to positive vibes. You will feel uplifted, motivated, understood, comforted, loved, and most of all, inspired to walk

liwot

This series of poems by a man who has turned his life around by the Grace of God contains many insightful and powerful reflections on his life's journey. All of us can benefit from his thoughts.



The book is available on **amazon** **BARNES & NOBLE**



SCAN ME

Solomon's Song

A pebble round Dropped in a pond So many years ago
Ripple waves Their silent pace Starting fast Some, moving
slow Rocks and haze And lily blades Restricting waves
Ambitious dreams Direction more unknown Confused and
dazed Some misbehave

All pebbles pure as gold A quiet lake Where waves abound
Gentle sunshine All around Another pebble dropped By me
Lovely ripples Carefree dancing, wild and free Flowing out
to sea

Who should I love more; I ask Which pebble dropped by me
The one who found Fertile ground and sailed With gentle
days of peace Adorning seas Grace and riches Fame for all
to see?

Or the one in tears Who built a life Navigating treacherous
strife From rocks and shattered dreams And bitter cold
dreary nights

Who feels the depth of struggle's plight I love them both
With all my might Those pebbles dropped by me I wish you
might By day or night

See just what I see Unique, tiny, precious stones Each one a
masterpiece, Crafted by my hand... alone, And...Oh, so dear
to me!

~ D. Robert Robinson ~ 08.20.2025 *

San Francisco, CA

D. Robert Robinson



AUTHOR
SPOTLIGHT

Trains

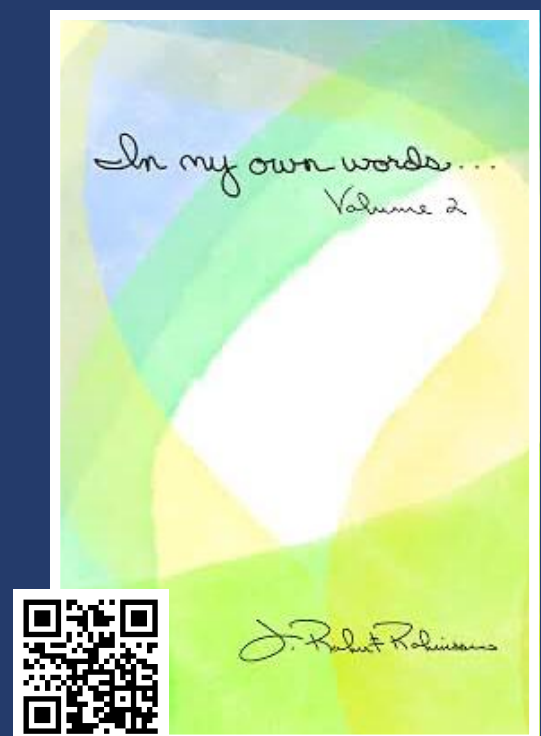
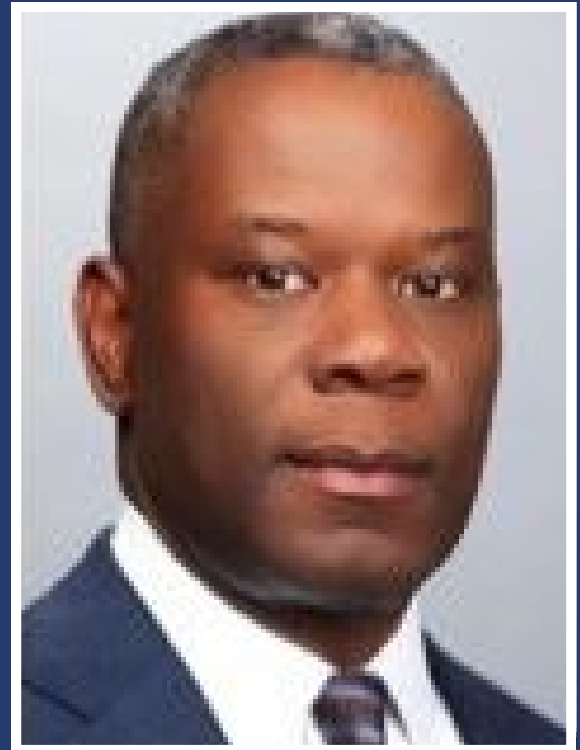
Two trains moving Side by side
One fast The other slow Within our eyes
There's no surprise
You taught And loved me so Before my eyes
You passed me by
So long before I let you go I called your names
Although in vain
To ask your train To slow Cause I had just Began
to grow Into the man You needed to know
Your train turned round The bend ahead And
left mine All alone
Now out of sight My future's bright But sad,
you'd never See me grown.
Tonight I pray And, perhaps someday These
trains could move More slow
So once again From end to end Our lives and
trains Are joined again

~ D. Robert Robinson ~ 02.05.2025 *

San Francisco, CA

About

His formal given name is Darryl Robinson. However, in honor of his dear father, artistically he uses the name D. "Robert" Robinson. The fairly recent passing of his mother in 2021 and father in 2023 is the inspiration behind his artistic. He describes them as truly wonderful parents and Americans. His love of words and storytelling has led him to write three fiction novels and two original poetry books (that are read in audio format with the voice of the common man/woman). One day he'd hope to migrate from an aspiring poet to a poet laureate. D. Robert is an active philanthropist who donates 100% of his artistic proceeds to early childhood education programs. Because, he says..."children are our future"!

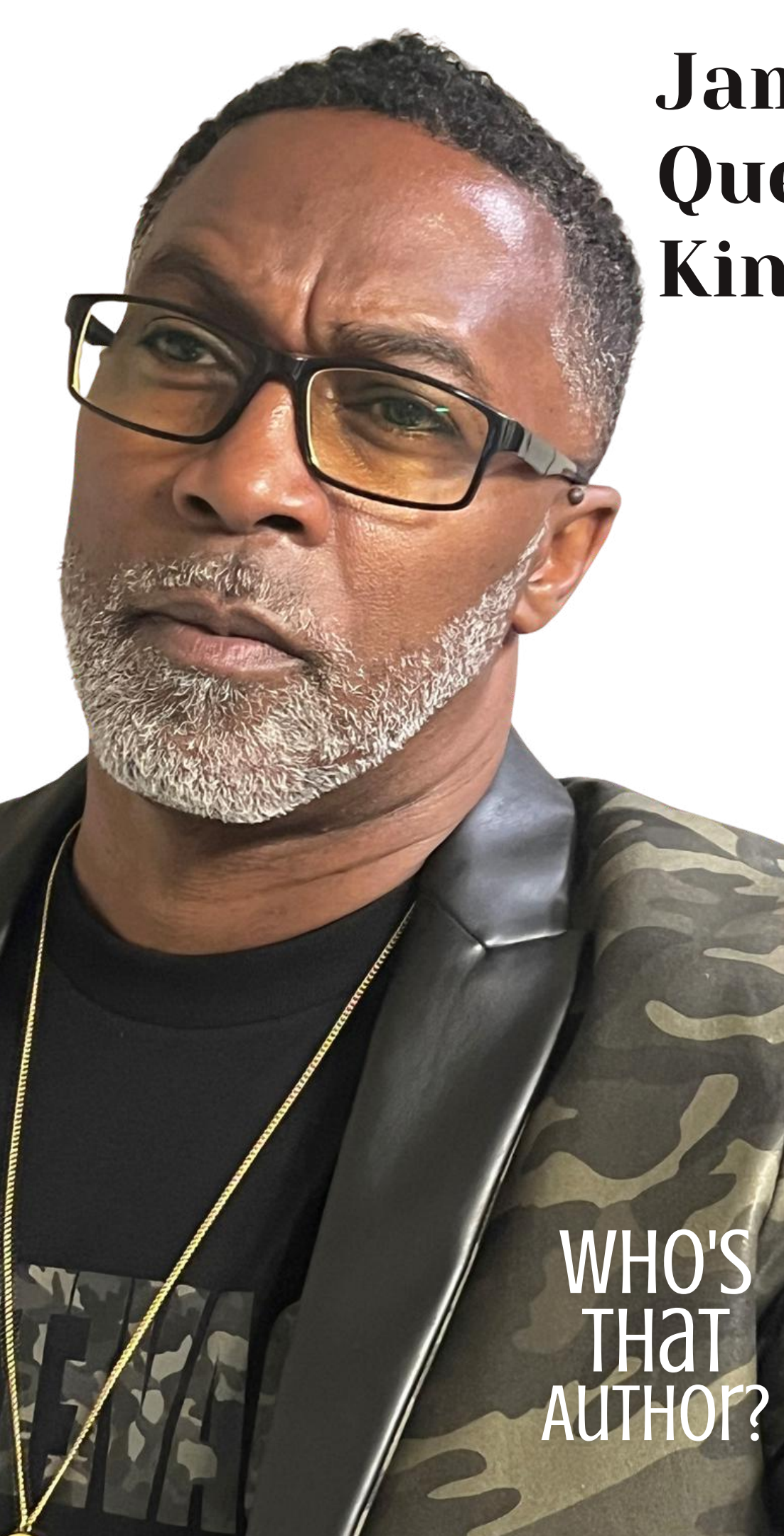


10 COMMANDMENTS *of*

BLACK ECONOMIC POWER

DR. BOYCE WATKINS

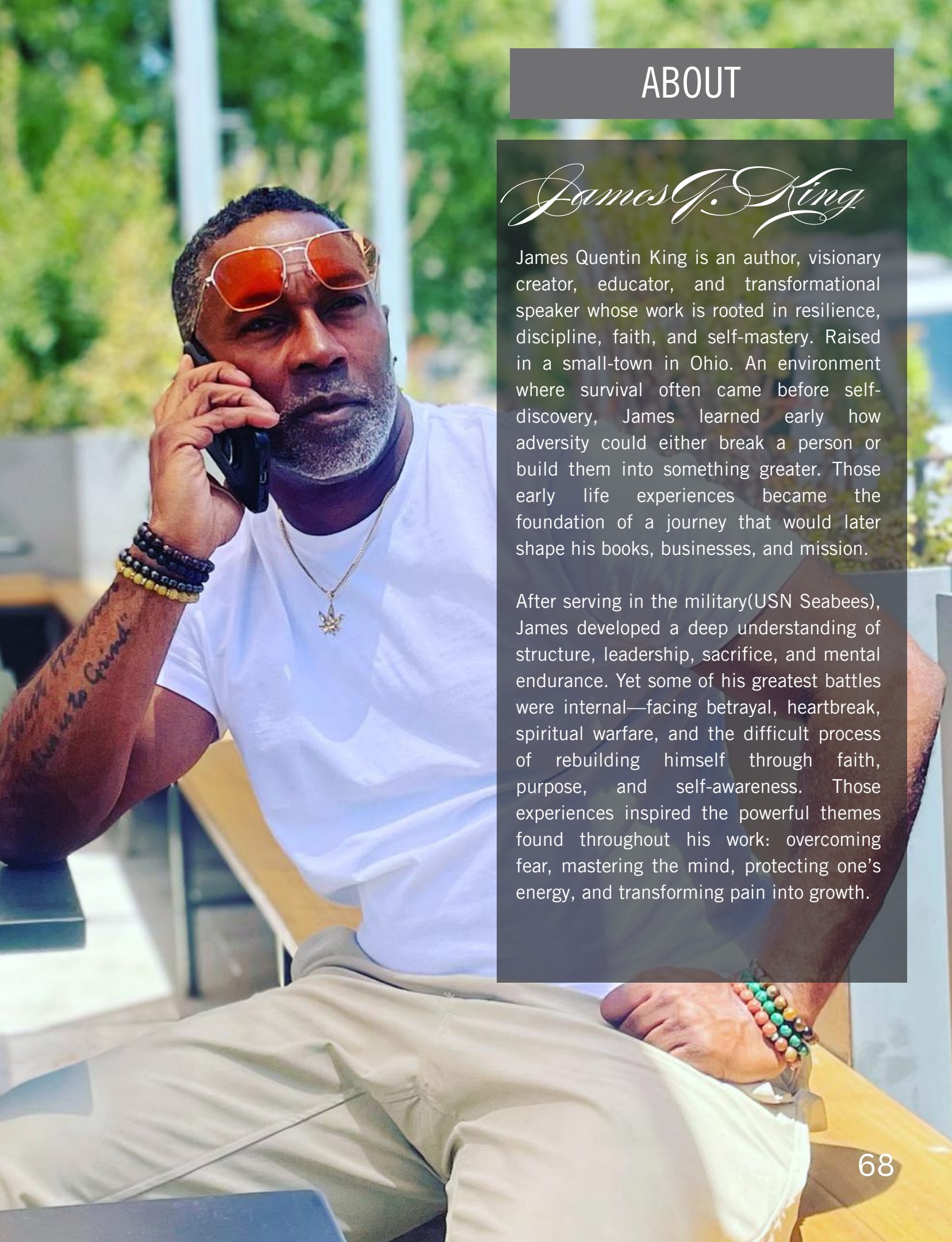




**James
Quentin
King**

**WHO'S
THAT
AUTHOR?**

Author Spotlight



ABOUT

James Q. King

James Quentin King is an author, visionary creator, educator, and transformational speaker whose work is rooted in resilience, discipline, faith, and self-mastery. Raised in a small-town in Ohio. An environment where survival often came before self-discovery, James learned early how adversity could either break a person or build them into something greater. Those early life experiences became the foundation of a journey that would later shape his books, businesses, and mission.

After serving in the military(USN Seabees), James developed a deep understanding of structure, leadership, sacrifice, and mental endurance. Yet some of his greatest battles were internal—facing betrayal, heartbreak, spiritual warfare, and the difficult process of rebuilding himself through faith, purpose, and self-awareness. Those experiences inspired the powerful themes found throughout his work: overcoming fear, mastering the mind, protecting one's energy, and transforming pain into growth.



ISSAGOODREADBOOKS

As the founder of ISSAGOODREADBOOKS Kids Academy, James has expanded his mission into education by developing mission-based learning systems focused on math, grammar, vocabulary, and reading comprehension for young learners. His educational programs are designed to build confidence, strengthen critical thinking, and help students develop lifelong learning habits through repetition, structure, and engaging exercises.

Through books such as Love Over Fear, High Vibration Mindset, and Mastery of Self, James blends spiritual insight, motivational philosophy, life lessons, and elevated mindset principles to challenge readers to evolve mentally, emotionally, and spiritually. His work speaks to those seeking healing, discipline, purpose, and personal transformation.

Today, James Quentin King continues building a legacy centered around empowerment, education, and higher consciousness—creating books, brands, and learning platforms designed to inspire both adults and children to unlock their fullest potential. He has Over 35 Books Written and Published

ISSAGOODREADBOOKS Kids Academy

ISSAGOODREADBOOKS Kids Academy is a mission-based learning system created to help students strengthen the core skills that shape lifelong success—reading comprehension, grammar, vocabulary, and math mastery. Founded by James Quentin King, the academy was built from personal experience, perseverance, and the belief that every child can succeed with the right structure, encouragement, and learning approach.

Designed for both classrooms and home learning, the academy transforms education into an engaging mission where students build confidence, sharpen critical thinking, and develop stronger study habits through repetition, focus, and interactive exercises. The curriculum combines motivation with education, helping students not only improve academically, but also grow mentally and emotionally.

More than workbooks, ISSAGOODREADBOOKS Kids Academy is a movement focused on empowering the next generation to believe in themselves, overcome learning struggles, and unlock their full potential—one mission at a time.



About:

LOVE OVER FEAR

Love Over Fear is a powerful journey through healing, self-discovery, faith, and emotional transformation. In a world where fear controls decisions, relationships, identity, and purpose, James Quentin King challenges readers to confront the pain, trauma, attachment, and inner battles that keep them spiritually and emotionally trapped.

Blending real-life lessons, deep reflection, and empowering mindset principles, this book reveals how fear silently shapes our lives—and how choosing love can completely transform them. From heartbreak and betrayal to forgiveness, growth, and self-worth, Love Over Fear is a guide for anyone seeking peace, clarity, and the courage to evolve beyond their past.

This isn't just a book about relationships—it's about the relationship you have with yourself, your purpose, and the life you were truly meant to live.



LOVE OVER FEAR/Juneteenth Edition



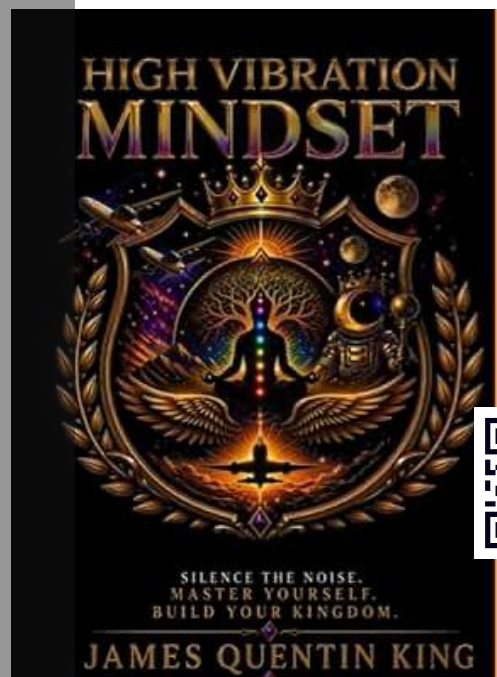
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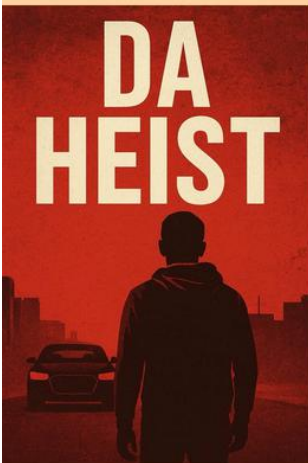
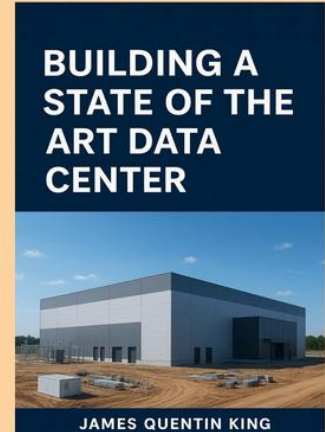
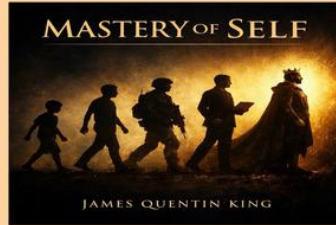
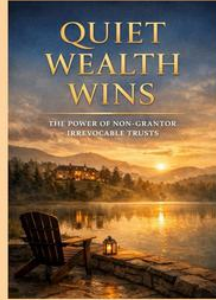
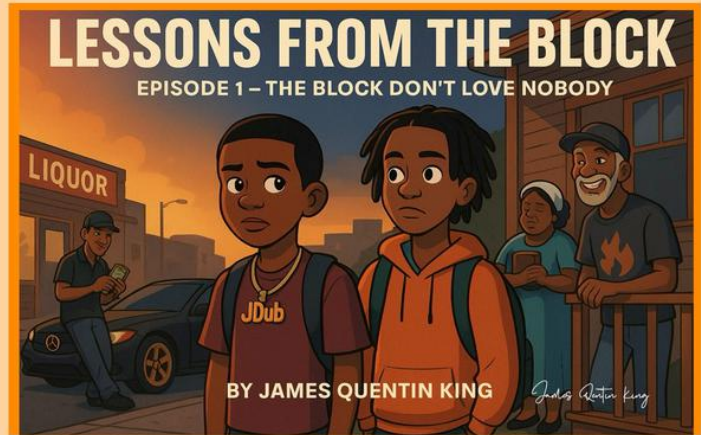
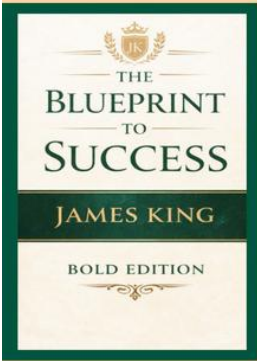
HIGH VIBRATION MINDSET

High Vibration Mindset is more than a book—it's a mental reset for anyone tired of surviving and ready to evolve. Through powerful life lessons, spiritual insight, discipline, and mindset elevation, JamesQuentin King challenges readers to break free from fear, distractions, toxic cycles, and limited thinking.

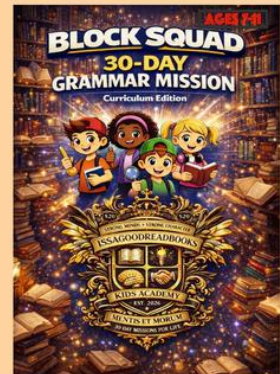
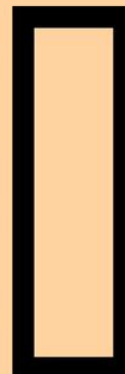
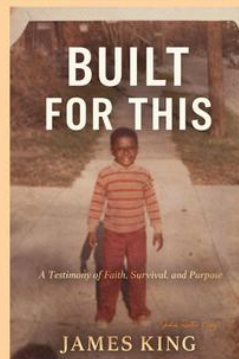
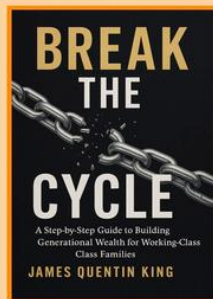
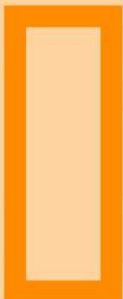
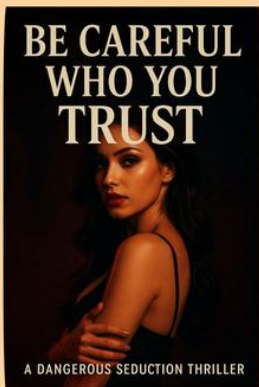
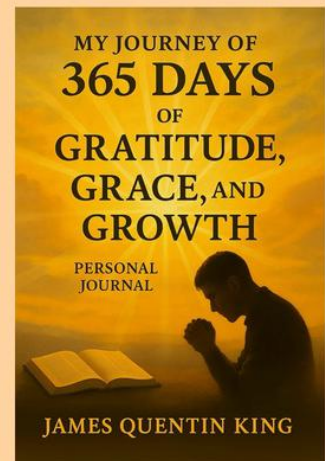
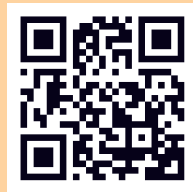
This transformative read explores the power of energy, self-mastery, faith, focus, and protecting your peace in a world designed to drain it. Whether you're rebuilding after heartbreak, battling internal warfare, chasing purpose, or striving to become the highest version of yourself, this book delivers the tools and perspective to level up mentally, emotionally, and spiritually.

If you're ready to silence the noise, reclaim your power, and operate on a higher frequency—High Vibration Mindset is your next move.





Scan Code to Access All of
James's Books on Amazon



JAMES QUENTIN KING

Music Website: www.Jaydavet.com

Book Website: <https://Books.by/issagoodreadbooks>

Amazon: James Quentin King

Book YouTube:

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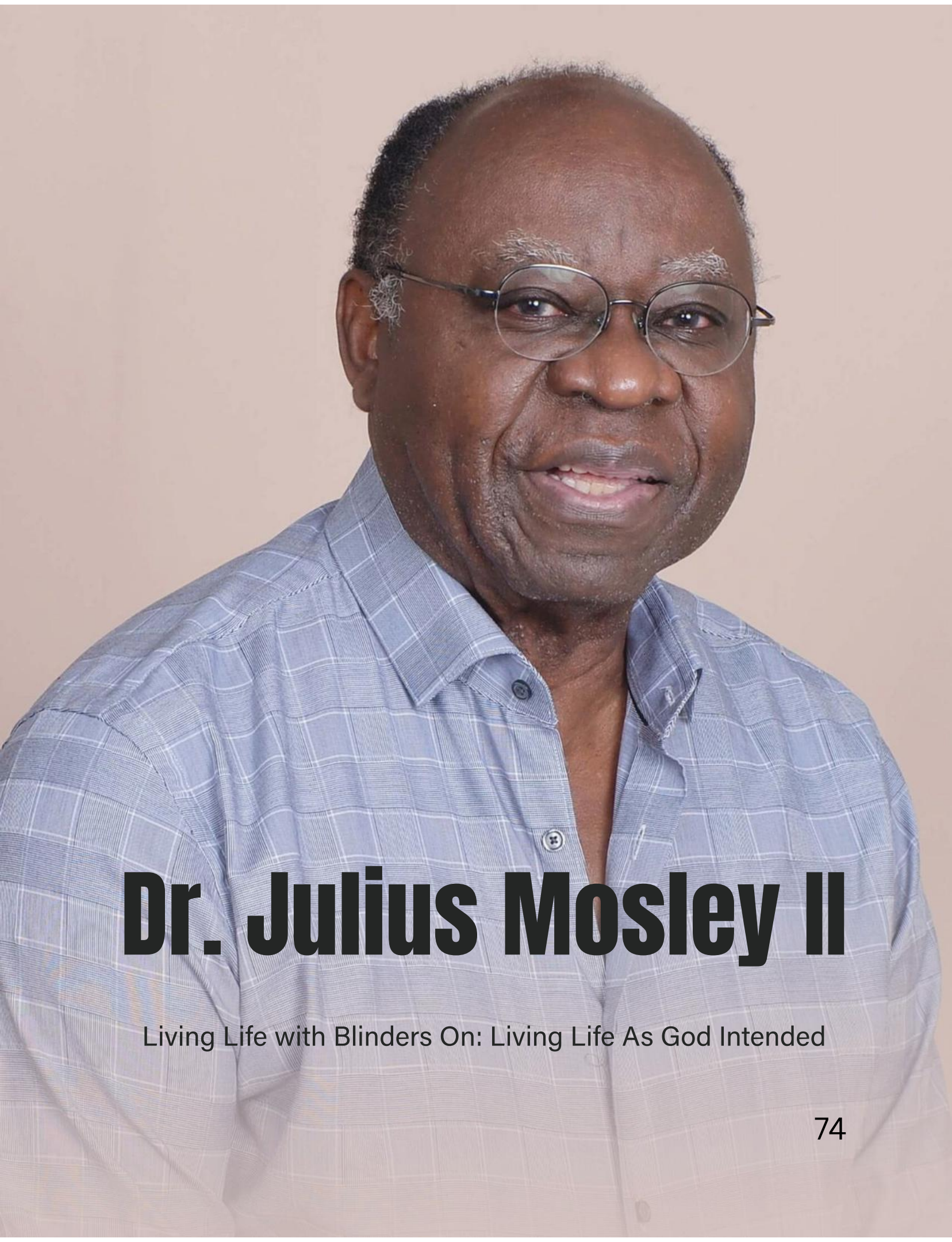
NEW YORK TIMES BESTSELLER

CHARLAMAGNE THA GOD



BLACK PRIVILEGE

Opportunity Comes to Those Who Create It

A portrait of Dr. Julius Mosley II, an older Black man with glasses, wearing a blue and white plaid shirt. He is smiling slightly and looking towards the camera. The background is a solid light beige color.

Dr. Julius Mosley II

Living Life with Blinders On: Living Life As God Intended

Living Life with Blinders On

Living Life As God Intended

Living Life with Blinders On urges readers to look past worldly distractions and recognize that physical life is only the beginning of eternal existence. Dr. Mosley explains how humanity often neglects what matters most and reveals why every choice made today shapes one's destiny beyond death. By illuminating humanity's inherited cursed nature, he emphasizes the necessity of being "born again" to truly live as God intended. This book delivers a timely spiritual wake-up call, encouraging readers to seek God's righteousness while the opportunity remains.

AWAKENING TO ETERNAL TRUTH

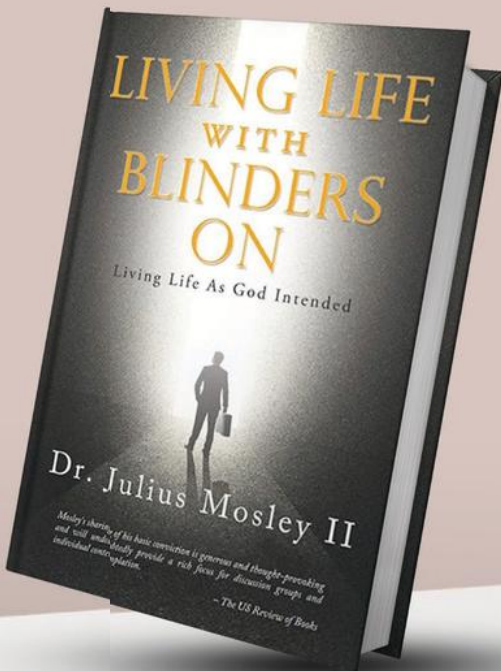
In a world consumed by temporary pursuits, *Living Life with Blinders On* reminds readers that physical death is not the end. The book highlights the eternal significance of the choices made in this life and encourages deep spiritual self-examination.

CLARITY FOR THE SEEKING SOUL

Dr. Mosley's teachings shed light on the reasons behind human beings having a corrupted nature and the necessity of spiritual rebirth for being in line with God's plan. He has not only pointed out a way out but also an urgent call for those who are willing to face the more profound truths.

A TOOL FOR REFLECTION AND RENEWAL

The book equips readers to challenge complacency, strengthen their faith, and pursue a path shaped by God's promises and righteousness.



Get a copy now!

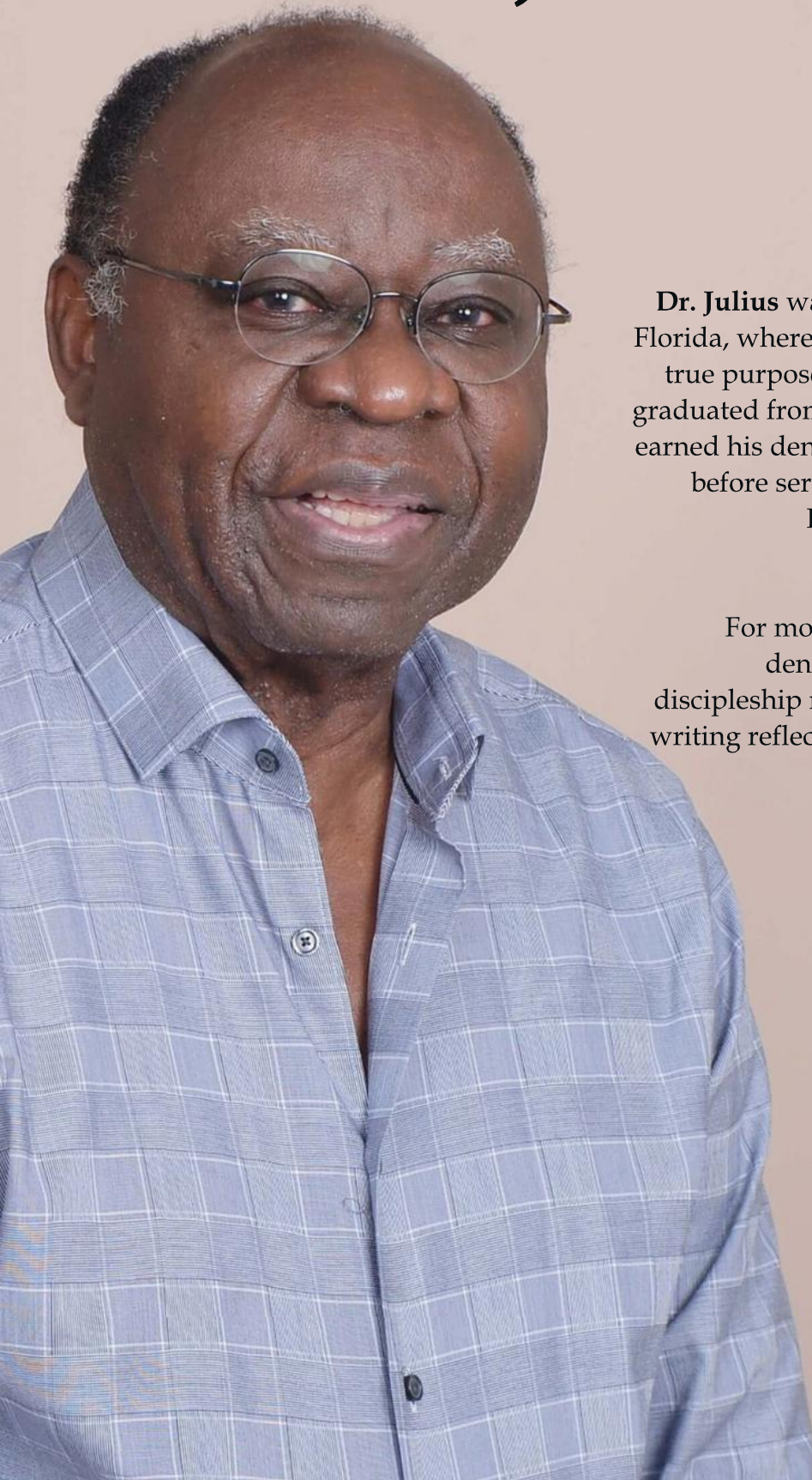
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SCAN ME

THE HEART BEHIND THE MESSAGE

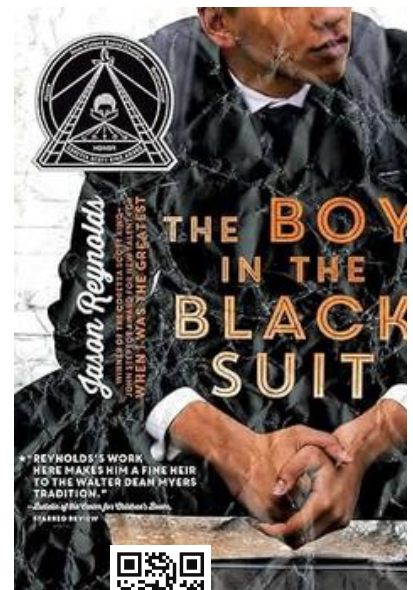
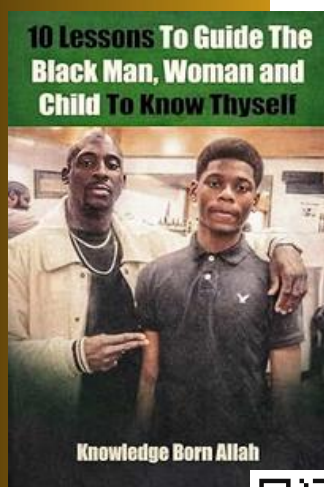
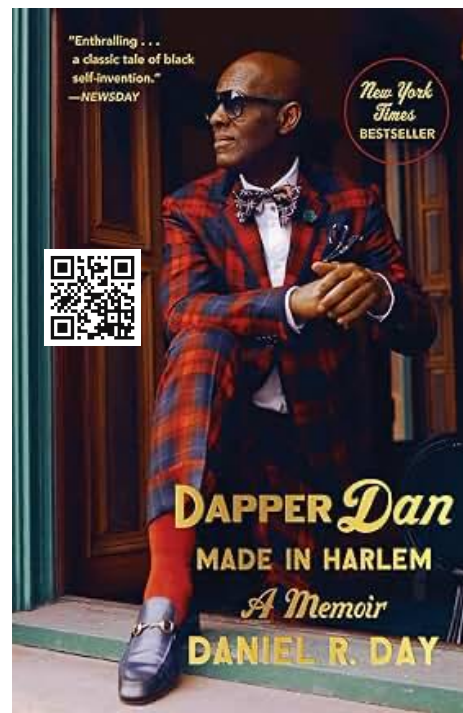
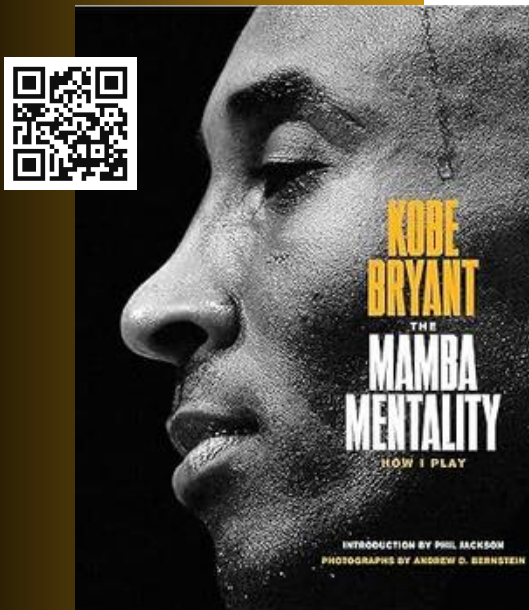
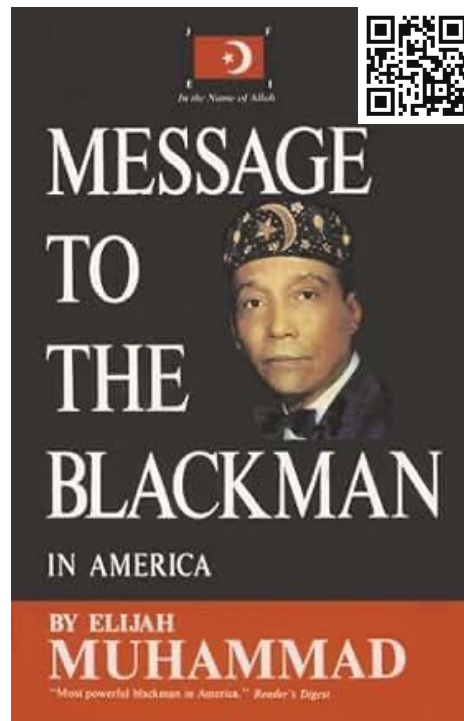
Dr. Julius Mosley II



Dr. Julius was born and raised in St. Petersburg, Florida, where his early desire to understand life's true purpose shaped the direction of his life. He graduated from Florida A&M University and later earned his dental degree from Howard University before serving as a dental officer at Travis Air Force Base during the Vietnam War.

For more than forty years, he has practiced dentistry while leading evangelism and discipleship ministries for over two decades. His writing reflects a lifelong mission to guide others toward the life God intended.

BLACK MEN AUTHORS



Tish Barnhardt

THE STORY BEHIND THE 3X AWARD-WINNING AUTHOR

*Some accolades recognize achievement.
Others recognize impact.*

For Tish Barnhardt, becoming a 3X Award-Winning Author is more than collecting honors—it's evidence that a story once silenced can become a voice that empowers thousands.

A minister, transformational speaker, talk show host, and Transformational Author Strategist, Tish has dedicated her life to helping others discover the power hidden within their own stories. Her journey from silence to significance has inspired audiences across the country and positioned her as a leading voice in faith, purpose, and personal transformation.

Her debut novel, *So You Want to Be a First Lady?*, boldly explores the hidden struggles many women face behind the walls of ministry. Through compelling storytelling, Tish addresses themes become unmuted, countless others discover they can do the same.

Your story is necessary. Write it anyway.



bwamagazine.com/unmuteyourstory

Tish's commitment to excellence has earned her three distinguished literary honors:

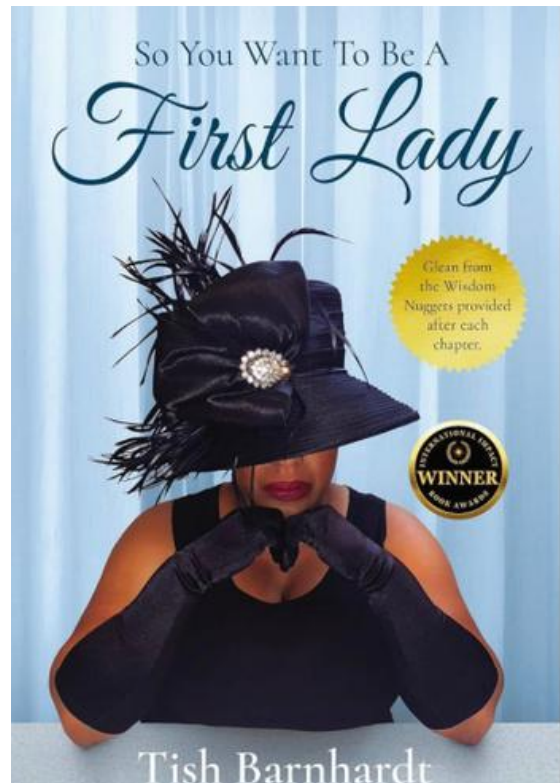
- International Impact Book Award for Female Empowerment, recognizing the influence of her work in inspiring and uplifting women around the world.
- Quill of Inspiration Award, celebrating storytelling that motivates, encourages, and transforms lives.
- Medal of Excellence in Writing, honoring exceptional literary craftsmanship and dedication to the art of writing.

While these awards are remarkable milestones, Tish believes her greatest achievement is helping others write the stories they never thought they could tell.

Through her signature Unmute Your Story coaching program, she equips aspiring authors to transform their life experiences into books that leave lasting legacies and create meaningful impact.

For Tish, every award is a reminder that obedience to purpose produces influence far beyond what we can imagine. Her mission remains unwavering: to encourage others to embrace their voice, walk boldly in their calling, and understand that their story has the power to change someone's life.

Because when one person finds the courage to embrace their voice, walk boldly in their calling, and understand that their story has the power to change someone's life.



**TRUE
VOICE
REVIEW**



■■■■ – Strongly Recommended:
A heartfelt, emotionally honest ministry drama that will resonate strongly with readers familiar with church leadership pressures and marital strain. Its direct testimony-like approach and recurring instructional material make it especially meaningful for its core audience, though the repetitive structure and uneven narrative polish may limit its appeal for general fiction readers.

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SO YOU WANT TO BE A

First Lady

The title may look like honor, but the journey is not what they show you on the outside.

Behind the pulpit is a battlefield most will never see. Behind the smiles are silent tears. Behind the calling is a woman learning to survive the weight of expectation, betrayal, and scrutiny.

So You Want To Be A First Lady pulls back the curtain on the real journey—the loneliness, the heartbreak, the unfair criticism, and the moments when it feels like everyone has an opinion but no understanding.

Yet through it all, God remains faithful. This book is your reminder that you can rise above the pain, protect your peace, and fulfill your God-given purpose—without losing who you are.

This is more than a position. It's a purpose. But it's not for the faint of heart.

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FAITH & INSPIRATION



MORNING TEA WITH THE KING

*Daily Moments of Faith,
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BEYOND THE TITLE. BEHIND THE CROWN.

The world sees the honor. It never sees the hurt. Behind the smiles are silent tears. Behind the calling is a woman learning to survive the weight of expectation, betrayal, and scrutiny.

A JOURNEY NO ONE PREPARES YOU FOR.

From whispered rumors to public judgment. From lonely nights to private battles. *Morning Tea With The King* pulls back the curtain on the real journey of a First Lady—one filled with pain, purpose, and the unwavering grace of God that holds her together when everything else tries to break her.

HEALING. STRENGTH. PURPOSE.

This book is for every woman who has been misunderstood, overlooked, and underestimated. It's for every woman who had to rebuild after the betrayal, rise after the disappointment, and keep trusting God when it would have been easier to quit. You are not alone. Your story is not over. Your purpose is still valid.

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It's a safe place. A sacred space. A reminder that even in the hardest seasons, the King never leaves your side.

*Pour your favorite cup of tea,
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what God wants to speak into
your life today.*

BECAUSE EVERY DAY BEGINS BETTER
WHEN IT'S SPENT WITH THE KING.



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THE MOVEMENT BEHIND THE MESSAGE

UNMUTE *Your Story*

HELPING WOMEN FIND THEIR VOICE
THROUGH THE POWER OF THEIR STORY.

Every woman has a story. Some are filled with triumph, others with heartbreak, healing, resilience, and redemption. Too often, those stories remain untold because of fear, self-doubt, or the belief that no one would understand.

Unmute Your Story was created to change that.

What began as a vision has grown into a transformational coaching program designed to help women move from silence to significance—one story at a time. More than simply teaching women how to write a book, *Unmute Your Story* helps them recognize the value of their experiences and transform them into a message that inspires, empowers, and leaves a lasting legacy.

As a 3X Award-Winning Author, Transformational Author Strategist, and Book Coach, I have witnessed firsthand how powerful it is when a woman gives herself permission to use her voice. Watching students who once questioned whether they could even write a chapter become confident, published authors has been one of the greatest honors of my journey.

The *Unmute Your Story* program provides a proven framework that guides aspiring authors from idea to completed manuscript while equipping them with the confidence, clarity, and strategy needed to share their message with the world. Along the way, they discover that they aren't simply writing a book—they're embracing a new identity as an author, thought leader, and changemaker.

For me, success has never been measured solely by the books I've written. It is measured by the lives that are transformed when someone realizes their story has the power to heal, encourage, and impact others for generations to come.

This movement is about more than publishing books. It's about helping women reclaim their voices, own their stories, and leave a legacy that cannot be silenced.

“Because when one woman unmutes her story, she gives countless others permission to unmute theirs.”



Tish Barnhardt

3X AWARD-WINNING AUTHOR
TRANSFORMATIONAL AUTHOR STRATEGIST
FOUNDER, UNMUTE YOUR STORY

The Voices of Unmute Your Story

Five Women. Five Stories. One Courageous Decision to Say "Yes."

There is something extraordinary that happens when a woman decides to stop hiding behind her pain and begins walking boldly in her purpose. She discovers that her story isn't something to be ashamed of, it is something that can encourage, inspire, and transform the lives of others. That is the heartbeat of Unmute Your Story.

Today, we celebrate five remarkable women who have successfully completed the Unmute Your Story coaching program. While their publishing journeys continue, each has accomplished something worth celebrating; they chose to begin. They committed to the process, found the courage to write, and are well on their way to becoming published authors.

Some are putting the finishing touches on their final chapters. Others are in the editing phase. Every one of them, however, has done the hardest part: they refused to allow fear, doubt, or past experiences to silence their voice any longer.

Throughout this journey, I have watched confidence replace uncertainty, purpose replace fear, and powerful messages emerge from stories that were once hidden. Week by week, these women discovered they weren't simply writing books but they were embracing a new identity as

authors, leaders, and women with a message that deserves to be heard.

As their coach, it has been an incredible privilege to walk beside them, encourage them, and witness their growth. Their resilience, commitment, and willingness to trust the process reminds

me why this movement exists.

The book covers featured on the following pages offer a glimpse into what's coming. They represent stories of hope, healing, faith, perseverance, and transformation that will soon be shared with readers around the world.

This celebration is not the end of their journey, it's the beginning of an exciting new chapter. One

where their voices will reach beyond these pages and into the hearts of those who need their message most.

Congratulations to each of these extraordinary women. Thank you for trusting me with your stories, embracing your purpose, and choosing to live and write...unmuted.

Meet Our Featured Future Authors

Corlice Burns - Page 58

Louise Crudup - Page 34

Sherrie Hamilton - Page 42

Elyce Lewis - Page 85

Tamara Shinn. - Page 54

Coming Soon... Their stories are just beginning.

AUTHOR SPOTLIGHT

ELYCE LEWIS



Introduction:

Elyce Lewis is a strong and determined woman whose journey has been shaped by courage, perseverance, and unwavering faith. As a proud mother of two, her children are her greatest motivation and the reason she continues to shine, grow, and keep moving forward.

Living with Crohn's disease has brought years of challenges, uncertainty, and personal growth, yet she has never allowed her diagnosis to define who she is. Instead, she has transformed her pain into purpose, using her experiences to inspire others and remind them that hope can be found even in life's most difficult moments.

Passionate about serving others, Elyce believes that sometimes the greatest gift we can offer is a listening ear, a kind word, or the courage to share our own story. Through her writing, she hopes to encourage those caring for loved ones with chronic illnesses, individuals navigating their own health journeys, and anyone searching for strength during difficult seasons.



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DR. JERWANDA JOHNSON

AUTHOR SPOTLIGHT

DORIS LAVONNE



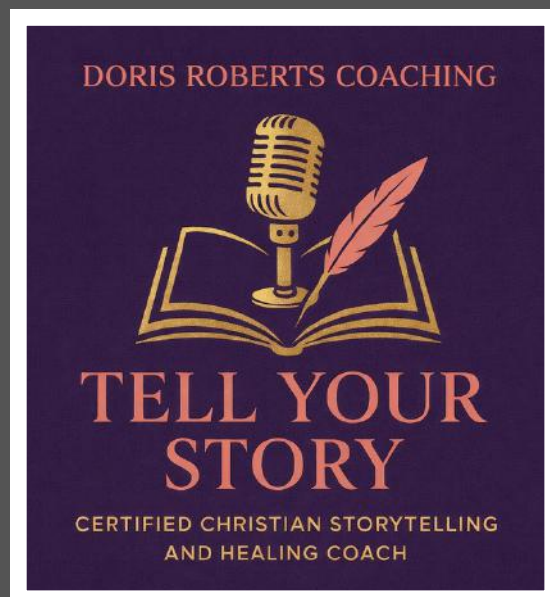
Doris answered God's call to write her first book, *Somewhere In The Middle... (I Found Me)*, sharing her story with authenticity and transparency. What began as a personal act of obedience became a healing journey that has impacted lives around the world. Just three days after publishing her book, Doris was featured on a TV show and later appeared on nationally syndicated radio show, "America Tonight" with Emmy Award-winning host, Kate Delaney.

Her work has been featured at the L.A. Times Festival of Books, Chicago's Printers Row Literary Festival & Confab, Festival of Storytellers, and international book fairs in London, Seoul Korea, and Hong Kong.

Her coaching business was birthed as a result of her book. Now, she passionately helps women to break through the silence and experience the healing as they tell their stories, write the book that God is calling them to write and fulfill their God-given purpose.



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Terrah Bennett Smith



Keep Writing

By Paulette Henson

Write...

Even when the page feels empty.

Write...

Even when doubt whispers louder than hope.

Write...

Because someone you've never met
Is waiting for words only you can give.

Dream...

Even when the path is uncertain.

Build...

Even when no one is watching.

Believe...

Even when the results seem delayed.

Your purpose is not measured

By likes,

Followers,

Or applause.

It is measured

By every life your courage will touch.

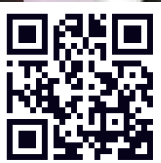
So keep writing.

Keep creating.

Keep showing up.

Beautiful Lies Vs The Ugly Truth:

Escaping Bondage And Embracing
Freedom In Truth



Minister Lekecia L. Fordham



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LEKECIA FORDHAM



Rediscovering Love in Bali: A Journey Back to Each Other

Adventure Meets Natural Beauty

Life moves quickly.

Between careers, children, responsibilities, and endless schedules, many couples discover they've become partners in managing life instead of partners in living it.

Sometimes love doesn't need fixing.

It simply needs room to breathe.

Bali offers exactly that.

Known as the "Island of the Gods," Bali invites couples to slow down and reconnect through breathtaking scenery, peaceful beaches, lush rice terraces, and unforgettable sunsets.

Imagine beginning your morning with coffee overlooking emerald-green mountains before spending the afternoon exploring hidden waterfalls or enjoying a couples' spa experience rooted in centuries-old healing traditions.

Instead of checking emails, you're watching the sunset together.

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Instead of checking emails, you're watching the sunset together.





SUN, SAND & FAMILY FUN



BALI, INDONESIA

Instead of rushing through dinner, you're sharing candlelight beneath tropical skies. Whether walking through ancient temples, enjoying private beach dinners, taking cooking classes together, or simply relaxing in an oceanfront villa, Bali creates opportunities for genuine conversation and renewed connection.

Travel has a remarkable way of reminding couples why they fell in love in the first place.



Sometimes changing your scenery changes your perspective.

It's the feeling of finding each other again.

Travel Tip

Leave one day completely unplanned. Some of life's greatest memories happen when there's no itinerary.

SUMMER GRILLED PEACH & BLUEBERRY SALAD

A refreshing summer salad that's perfect for lunch, brunch, or a backyard gathering.

Ingredients

- 4 ripe peaches, halved and pitted
- 5 cups mixed spring greens
- 1 cup fresh blueberries
- ½ cup crumbled feta cheese
- ¼ cup candied pecans
- ¼ small red onion, thinly sliced
- 2 tablespoons olive oil

Honey Balsamic Dressing

- ¼ cup balsamic vinegar
- 2 tablespoons honey
- 1 teaspoon Dijon mustard
- ⅓ cup olive oil
- Salt and black pepper to taste

Directions

- 1.Brush peaches lightly with olive oil.
- 2.Grill for 2–3 minutes per side until grill marks appear.
- 3.Slice grilled peaches.
- 4.Arrange greens on a large serving platter.
- 5.Add blueberries, feta, pecans, onions, and peaches.
- 6.Whisk together dressing ingredients and drizzle over the salad just before serving.

Chef's Tip: Add grilled chicken or grilled salmon to transform this into a complete meal.



BANANA NO-BAKE BERRY CHEESECAKE PARFAITS

A light and elegant dessert perfect for July celebrations.

Ingredients

- 2 cups graham cracker crumbs
- 4 tablespoons melted butter
- 16 ounces cream cheese, softened
- 1 cup powdered sugar
- 1 teaspoon vanilla extract
- 2 cups whipped topping
- 2 cups fresh strawberries, sliced
- 1½ cups blueberries
- Fresh mint leaves for garnish (optional)

Directions

1. Mix graham cracker crumbs with melted butter.
2. Beat cream cheese until smooth.
3. Add powdered sugar and vanilla.
4. Fold in whipped topping.
5. In clear glasses or mason jars, layer:
 - Graham cracker crumbs
 - Cheesecake filling
 - Strawberries
 - Blueberries
6. Repeat the layers until the glasses are full.
7. Refrigerate for at least one hour before serving.
8. Garnish with fresh mint and additional berries.

Chef's Tip: These parfaits can be prepared a day in advance, making them perfect for family gatherings, picnics, or holiday celebrations.



S O U T H E R N B A N A N A P U D D I N G

Ingredients

- 1 box vanilla wafers
- 4 ripe bananas, sliced
- 1 package instant vanilla pudding mix
- 2 cups cold milk
- 1 container whipped topping
- Optional: crushed vanilla wafers for garnish

Directions

1. Prepare pudding according to package instructions.
2. Fold half of the whipped topping into the pudding mixture.
3. In a large serving dish, layer vanilla wafers, bananas, and pudding.
4. Repeat layers until ingredients are used.
5. Top with remaining whipped topping.
6. Refrigerate for at least 4 hours before serving.
7. Sprinkle crushed wafers on top before serving.

Dessert Tip

For a richer Southern-style version, use homemade custard instead of instant pudding.







Dr. Columbus Batiste
THE HEALTHY HEART DOC

CARDIOLOGIST | AUTHOR | SPEAKER & CONTRIBUTOR

Dr. Columbus Batiste, known as the "Healthy Heart Doc," is a captivating speaker and advocate of plant-based nutrition. His unique ability to turn disparity topics into relatable and engaging conversations makes him one of the leading lifestyle medical influencers. He educates his audience on simple healthy heart strategies for documentaries, podcasts, news outlets, international conferences, churches, and non-profit organizations.

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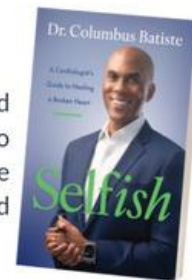


CARDIOLOGIST

Dr. Columbus Batiste is a double board-certified Cardiologist, Interventional Cardiologist, and passionate lifestyle advocate. Through the support of many giants in the field of lifestyle medicine, he embarked on a crusade to educate and empower patients to enact change and defeat these preventable diseases thereby extending their health-span.

AUTHOR

In *SELFISH: A Cardiologist's Guide to Healing a Broken Heart*, Dr. Columbus Batiste provides the ultimate blueprint for coping with the everyday stressors of life that lead to heart disease, anxiety, and depression. Built upon an evidence-based approach to optimal health, *SELFISH* challenges readers to combine self-care techniques with the transformative power of plant-based nutrition to truly heal from the inside out, and enjoy life on purpose.



SPEAKER & CONTRIBUTOR

Dr. Batiste's engaging viewpoint on heart health not only captures the attention of audiences but also imparts enlightening insights. Recognized for his expertise, he has been featured in renowned documentaries like "Eating You Alive" and "The Game Changers." Moreover, he shares his wealth of knowledge on maintaining a healthy heart and adopting a plant-based diet through interviews on television, radio, and various podcast platforms.



For inquiries about booking Dr. Batiste as a speaker contact him at e: Info@DrBatiste.com

www.DrBatiste.com | [@HealthyHeartDoc](https://www.instagram.com/HealthyHeartDoc)



SPEAKING TOPICS

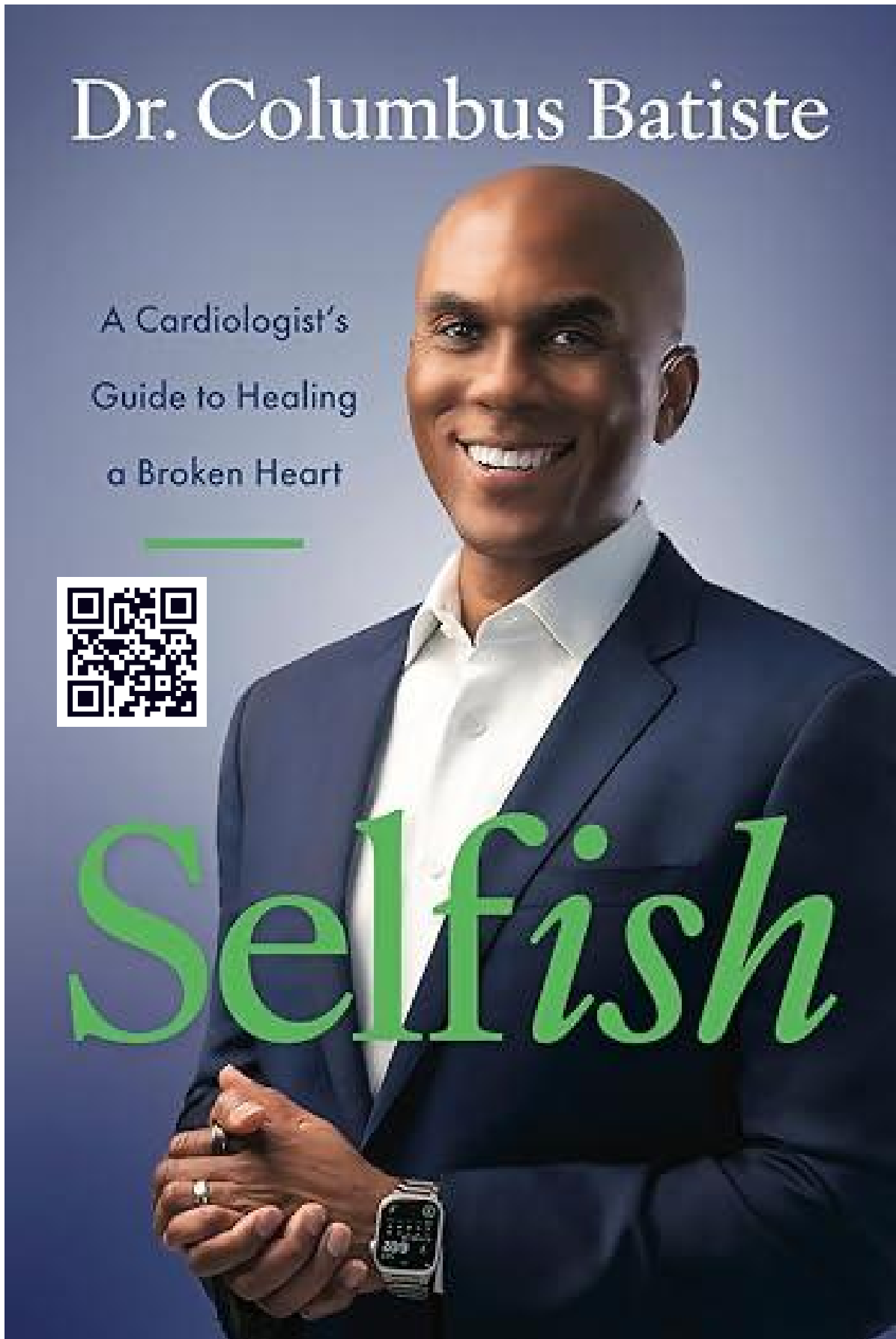
- Role of Lifestyle in Achieving Optimal Health
- *SELFISH*: The Cure for Stress and a Broken Heart
- Lifestyle Interventional Cardiology 101
- How to Democratize Health for All

Dr. Columbus Batiste

A Cardiologist's
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**TRUE
VOICE
REVIEW**

CLASSROOM MANAGEMENT:
A Step-By-Step
Comprehensive Approach



Book Rating

★★★★ – Strongly

Recommended: A highly usable, procedure-based system with clear strengths for teachers who want structure and consistency; best for readers seeking operational tools more than broad theory.

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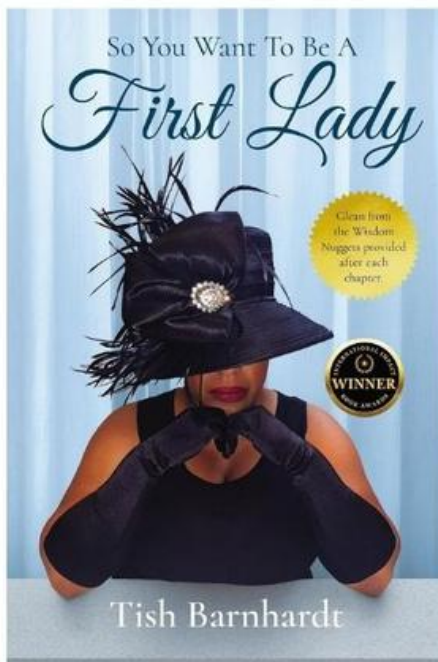
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Regina McClinton Jackson

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UNMUTE — YOUR STORY — *Blueprint*

YOUR STORY IS NECESSARY;
write it anyway.



— UNMUTE YOUR STORY — BLUEPRINT:

THE STEP-BY-STEP FRAMEWORK
TO WRITE, PUBLISH & IMPACT THE WORLD

Your story has power. It has the ability to heal, inspire, educate, comfort, and transform. But

most people never share their story, not because they don't have one, but because they don't know how to tell it, write it, or publish it.

That's exactly why I created the Unmute Your Story Blueprint—a proven step-by-step framework that helps aspiring authors go from idea to published book with clarity, confidence, and purpose.

“
*Your story
is necessary;
write it
anyway.*

—Tish Barnhardt

I'M TISH BARNHARDT—

3X Award-Winning Author, Transformational Speaker, Book Coach, Television Host, and Founder of the Unmute Your Story movement.

I know what it feels like to be silenced by fear, doubt, and life's unexpected challenges. But I also know the power of rising, reclaiming your voice, and using your experiences to create impact.

That's why I help others do the same.

Through the Unmute Your Story Blueprint, I provide the tools, guidance, and encouragement you need to:

- ✓ Clarify your message
- ✓ Overcome writing fears
- ✓ Organize your story with purpose
- ✓ Write with confidence
- ✓ Publish your book
- ✓ Build your platform
- ✓ Impact lives and leave a legacy

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Energy, Improve Balance, Mobility and
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Dr. Andrea Blake-Garrett

UNDERSTANDING THE SHIFT

After 40, metabolism naturally slows, muscle mass decreases, and recovery takes longer. Hormonal changes can also affect energy levels, weight distribution, and overall stamina. But these shifts are not setbacks—they are signals to train smarter, not harder.

Strength Is the New Foundation

Strength training becomes essential. Incorporating exercises like squats, deadlifts, and resistance training helps preserve muscle mass, improve bone density, and boost metabolism. Aim for at least 2–3 sessions per week.

The Importance of Eating Healthy

Food is fuel. What we eat directly affects how we feel, how our bodies function, and how we age. A balanced diet provides essential nutrients that help prevent chronic disease, strengthen immunity, and sustain daily energy.

Key Benefits of Healthy Eating

- Improves digestion and gut health
- Supports heart health and healthy weight management
- Enhances focus, mood, and mental performance
- Reduces the risk of diabetes, high blood pressure, and certain cancers

Building a Balanced Plate

A healthy diet does not require extreme restrictions. Instead, focus on variety and whole foods:

- Fruits and vegetables: Rich in vitamins, minerals, and antioxidants
- Lean proteins: Fish, poultry, beans, lentils, tofu, eggs
- Whole grains: Brown rice, quinoa, oats, whole wheat
- Healthy fats: Avocados, nuts, seeds, olive oil
- Hydration: Drink plenty of water throughout the day



Cardio With Purpose

Cardiovascular health remains critical, but excessive cardio can lead to burnout. Focus on balanced approaches like walking, interval training, or cycling to support heart health without overstressing the body.

Recovery Is Non-Negotiable

Recovery is where transformation happens. Prioritize sleep, hydration, and flexibility work. Practices like yoga or stretching can reduce injury risk and improve mobility.

Nutrition Matters More Than Ever

Fuel your body with intention:

- Increase protein intake to maintain muscle
- Stay hydrated
- Focus on whole, nutrient-dense foods

Final Insight

Fitness after 40 is not about chasing your 20-year-old body—it's about building a stronger, more resilient version of yourself. With consistency and the right approach, your best health years may still be ahead.

the *MISADVENTURES* of
**AWKWARD
BLACK GIRL**

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freakishly hard."

— **GLAMOUR**

"Brilliantly wry."

— **LENA
DUNHAM**

"A book ripe
with insights."

— **COSMO**

"Delightfully
deadpan."

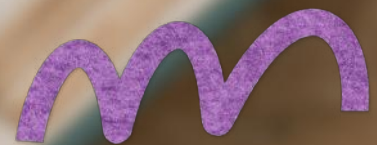
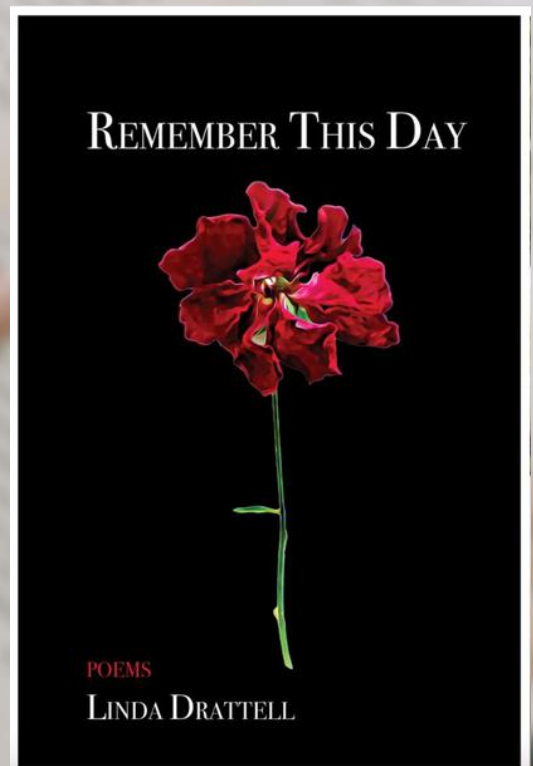
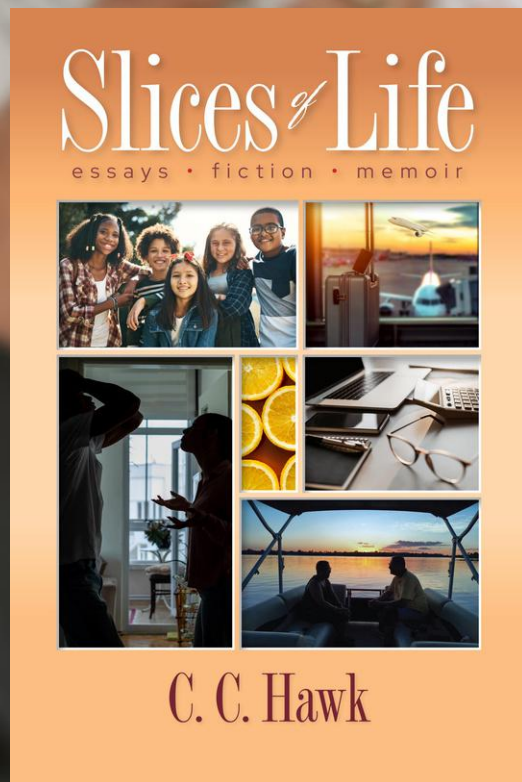
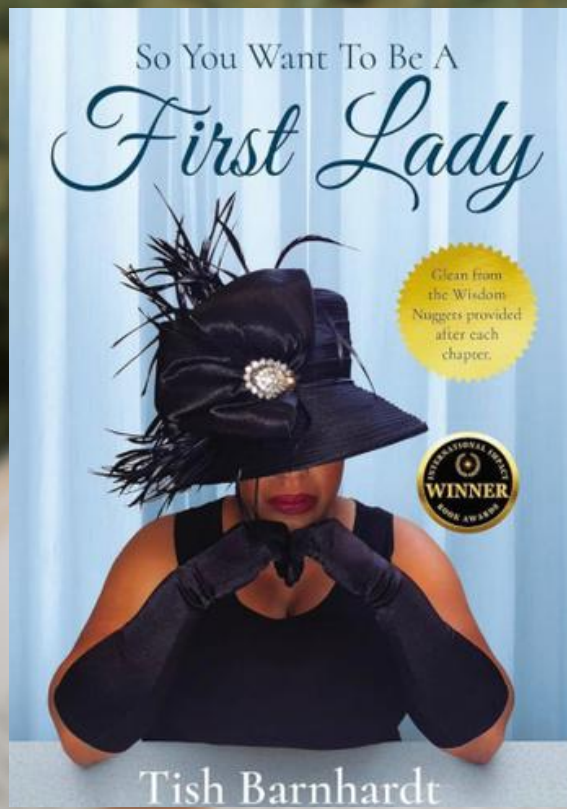
— **ESSENCE**



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