

BWA[®]

AUGUST 2026

MAGAZINE

FEATURING

Dr. Lisa
Campbell

Promoting Her Latest Book

*“Shed The
Weight”*

AUTHOR

SPOTLIGHTS

Articles

Business

Finance

Travel

Recipes &

More!

BLACK WOMEN AUTHORS



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

THE WORK BEHIND THE DREAM!

PAULETTE HENSON

When the Process No Longer Works: A CEO's Responsibility to Evaluate, Adjust, and Improve

By Paulette Henson, MBA, M.Ed.
Founder, CEO, and Editor-in-Chief of
BWA Magazine and Publishing, LLC



- Is it serving the customer effectively?
- Is it supporting the team?
- Is it helping the business grow - or holding it back?

The strongest leaders are not afraid to examine what they have built. They understand that evaluation is not criticism - it is stewardship.

When we take responsibility for improving our systems, we protect the quality of our work, the strength of our brand, and the future of the dream we worked so hard to create.

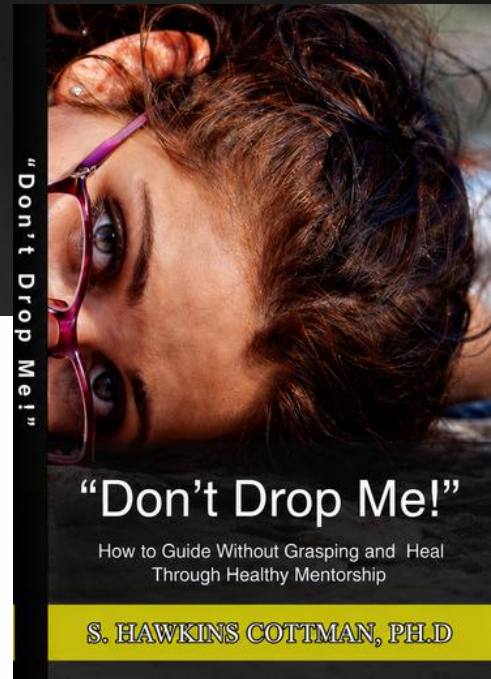
And that is the work no one always sees - but it is the work that makes everything else possible.





AUTHOR SPOTLIGHT

DR. SHONYAH HAWKINS - COTTMAN

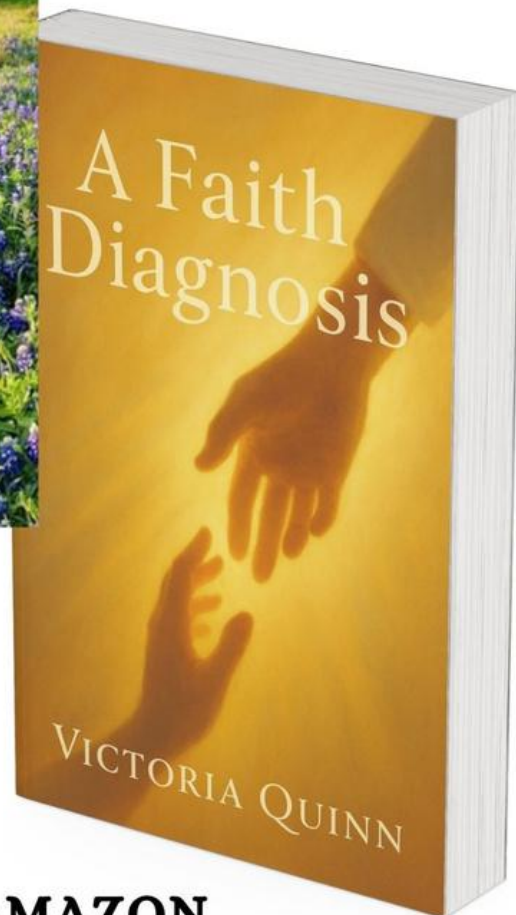
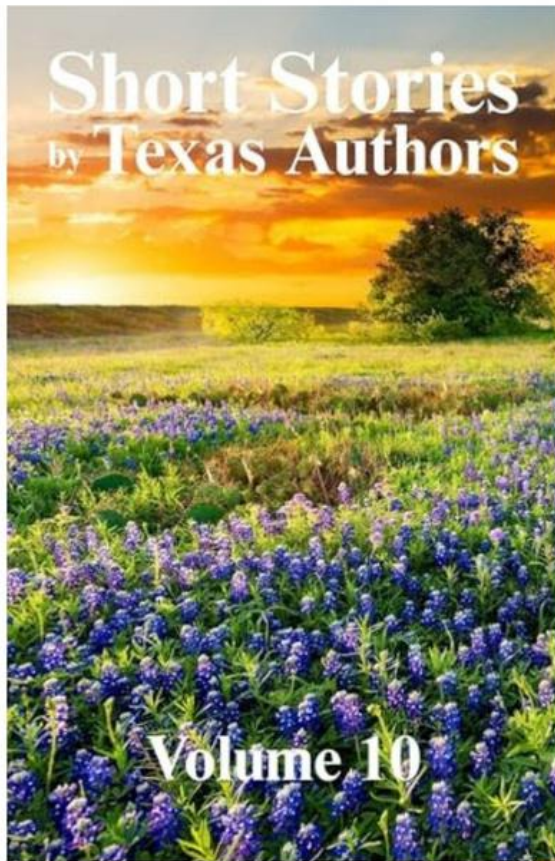


Dr. Shonyah Hawkins-Cottman is a Christian counselor, educator, author, speaker, and ministry leader dedicated to equipping individuals, families, and faith communities for holistic transformation. With expertise in mental health, servant leadership, trauma-informed care, and biblical counseling, she integrates clinical knowledge with scriptural truth to promote healing, resilience, and purposeful living. Dr. Hawkins-Cottman is the founder of The Brook Counseling Institute and has developed leadership and counseling programs that empower professionals and ministry leaders worldwide. Through her writing and teaching, she inspires others to embrace God's purpose, walk in faith, and lead with compassion, wisdom, integrity, and excellence.



Don't Drop Me by Dr. Shonyah Hawkins-Cottman is a heartfelt, faith-centered call to protect, nurture, and restore those carrying the hidden wounds of rejection, abandonment, disappointment, and broken trust. Blending biblical wisdom, powerful stories, reflective questions, and practical guidance, the book reveals how intentional mentorship, authentic relationships, and Christ-centered leadership can break unhealthy cycles, heal damaged identities, and strengthen families and communities. Whether readers have experienced being left behind or feel called to walk beside someone who needs hope, Don't Drop Me challenges them to love more deeply, lead more intentionally, and become a lifeline of hope, healing, and restoration—one relationship at a time.

AWARD WINNER SHORT STORY
“A FAITH DIAGNOSIS”



AVAILABLE ON AMAZON



BWA | AUTHOR SPOTLIGHT

MARY L. BEAL

Author. Speaker.
Producer. Mentor.
Community leader.

**MORE THAN FIVE DECADES
OF PURPOSEFUL SERVICE**

PHOTOGRAPH BY ARP

A LIFE OF SERVICE, VISION & PURPOSE

Mary L. Beal, professionally known as MLBeal, is an accomplished author, speaker, producer, mentor, consultant, and community leader with more than 56 years of distinguished experience in government and nonprofit resource management. Recognized for her expertise in strategic planning, innovative problem-solving, and leadership, she has devoted her life to empowering individuals, strengthening families, and helping communities thrive through faith, resilience, and purposeful living.

Her lifelong commitment to service has earned numerous honors, including the 2024 Presidential Lifetime Achievement Award and the prestigious This Is Your Life recognition from her local Chamber of Commerce. She also serves through the Cordele Housing Authority and the Crisp County Community Collaborative.

Mary transformed decades of professional and personal experience into the Family Living Improvement Performance - or FLIP - Movement. Its six foundational pillars combine qualitative and quantitative mentoring and coaching to help families strengthen relationships, overcome challenges, and pursue abundant, purpose-filled lives.



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[amazon.com/stores/Mary-L-Beal/author/B09MFHWBJ4](https://www.amazon.com/stores/Mary-L-Beal/author/B09MFHWBJ4)

ABOUT MARY

ROOTED IN FAMILY CALLED TO LEAD

*“Preserve the legacy.
Strengthen the family.
Build a brighter
future.”*

Known by many as “Your Family Girl,” Mary is a family historian, caregiver, health and wellness advocate, and passionate genealogist. She enjoys reconnecting families, preserving family legacies, and organizing memorable reunions.

Mary is the producer of the Our Global Family TV Show, host of the weekly Women in Ministry broadcast on Facebook Live, and facilitator of the Weekly Family (FMCL) Prayer Call. She is the author of *From Cottonfields to Castles*, *How to Live Well Past 100 Years*, *Luella Campbell Beal: A Force to Reckon With*, and *Help Me Cross Over*, and a contributing author in four anthologies.

Through books, speaking engagements, mentorship, and workshops, Mary continues to inspire others to restore relationships, strengthen families, preserve their stories, and build brighter futures together.



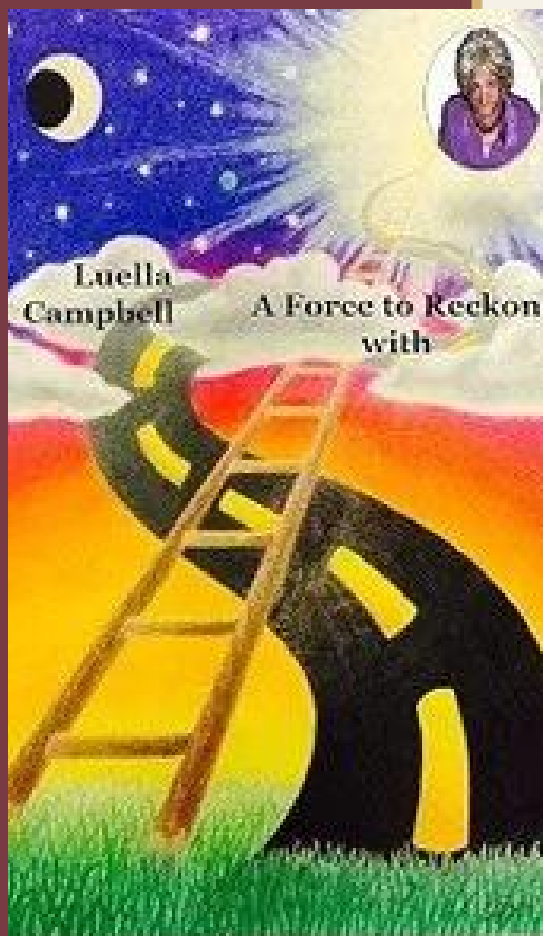
MARY'S BOOKS

LUELLA CAMPBELL BEAL: A FORCE TO RECKON WITH

A CENTURY OF FAITH, RESILIENCE & FAMILY

Luella Campbell Beal: A Force to Reckon With is an inspiring tribute to a Christian centenarian whose unwavering faith, resilience, and commitment to family created an enduring legacy. Through a chronological journey of Luella Campbell Beal's life, readers experience more than a personal biography: they witness the social, cultural, and industrial transformations that shaped America and the world across an entire century.

Woven throughout her story are timeless lessons on faith, perseverance, family unity, and the importance of nurturing meaningful relationships. Rich with historical context and heartfelt reflections, the book celebrates the strength of one extraordinary woman while encouraging readers to honor their own heritage, preserve their family legacy, and embrace the values that unite generations.



LONGEVITY BOOK 1

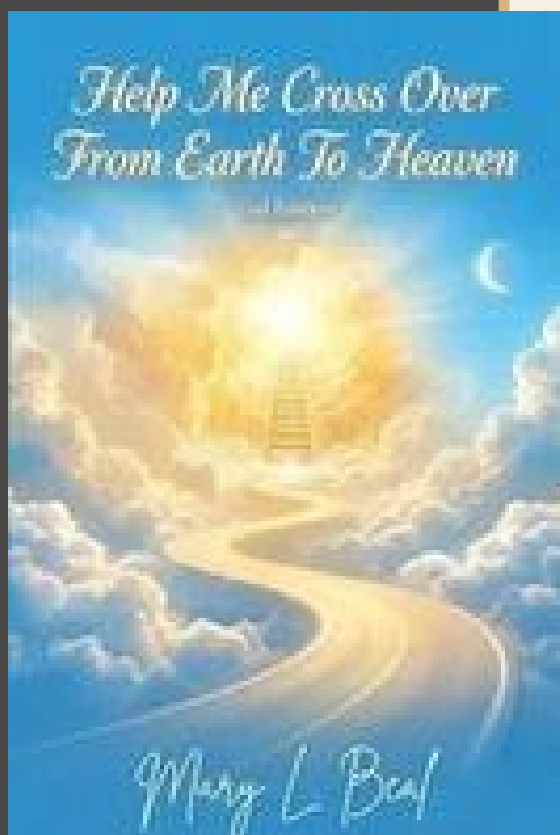
MARY L. BEAL

AUTHOR • HISTORIAN • LEGACY BUILDER

MARY'S BOOKS

HELP ME CROSS OVER FROM EARTH TO HEAVEN

A SPIRITUAL JOURNEY THROUGH CAREGIVING, GRIEF & ETERNITY



Help Me Cross Over From Earth to Heaven: Second Edition is a deeply moving spiritual biography exploring faith, caregiving, grief, and the sacred transition from earthly life to eternity. Through the final journey of her mother, Luella Campbell Beal, Mary shares intimate experiences that reveal strength, resilience, spiritual wisdom, and the comforting presence of God.

The book examines how faith can sustain families through physical suffering, difficult decisions, and the emotional responsibilities of caregiving. Heartfelt conversations, visions, and powerful spiritual moments reassure readers about the nearness of heaven and the promise of eternal life. More than a personal story, it is a testimony of love, purpose, and unwavering trust in God - offering comfort to anyone facing grief, caring for a loved one, or seeking peace about life after death.

SECOND EDITION

MARY L. BEAL

AUTHOR • HISTORIAN • LEGACY BUILDER

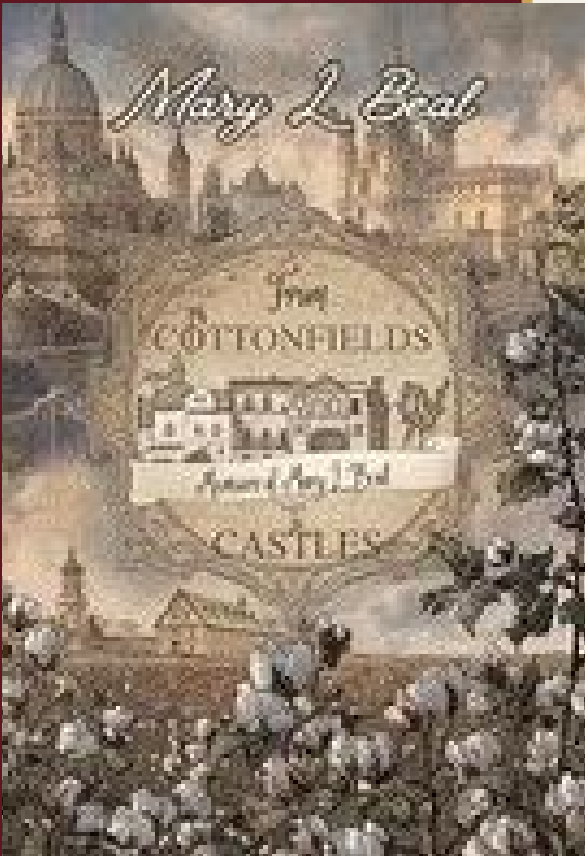
MARY'S BOOKS

FROM COTTONFIELDS TO CASTLES

HOW FAITH, FAMILY & THE SOIL BENEATH MY FEET SHAPED A LIFE

From Cottonfields to Castles is a moving memoir chronicling Mary L. Beal's remarkable journey from humble beginnings in rural Georgia to a life of purpose, faith, and global impact. Through heartfelt storytelling, she honors the legacy of her ancestors, the strength of family, and the unwavering faith that guided every step of her path.

Rich with memories of farm life, spiritual lessons, and generations of resilience, this inspiring memoir reminds readers that our roots provide the foundation for our greatest achievements. A powerful testament to perseverance, legacy, and God's divine plan, the book encourages readers to embrace their own journey with hope, gratitude, and purpose.



MEMOIR

MARY L. BEAL

AUTHOR • HISTORIAN • LEGACY BUILDER

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

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.

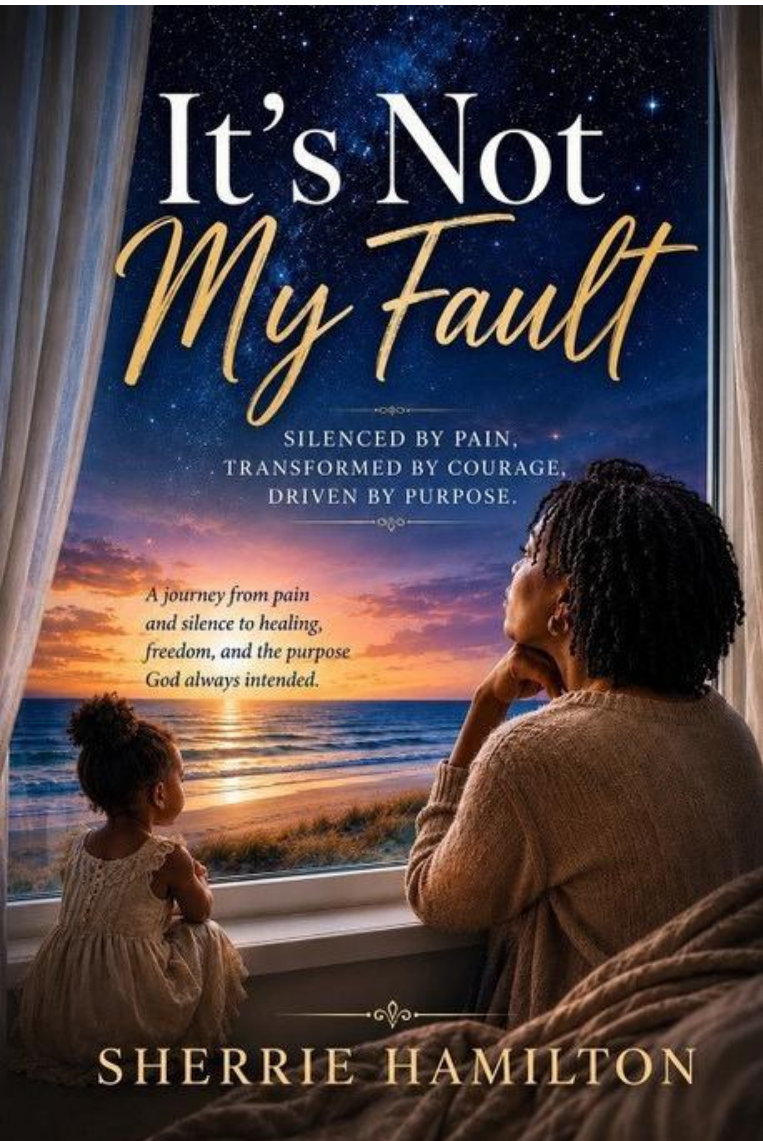
From an early age, Lena carried burdens no one could see. Fear, and hidden trauma while believing her truth was too painful to be spoken aloud. What she endured could have broken her, but instead it became the beginning of a testimony that would one day speak life, hope, and healing to others.

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

tlhfero, suhgeh faceevse rtyra ilsh tehaartt bcroeualkd, habveetr saiyleanl, ceadh hde rbeen

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.

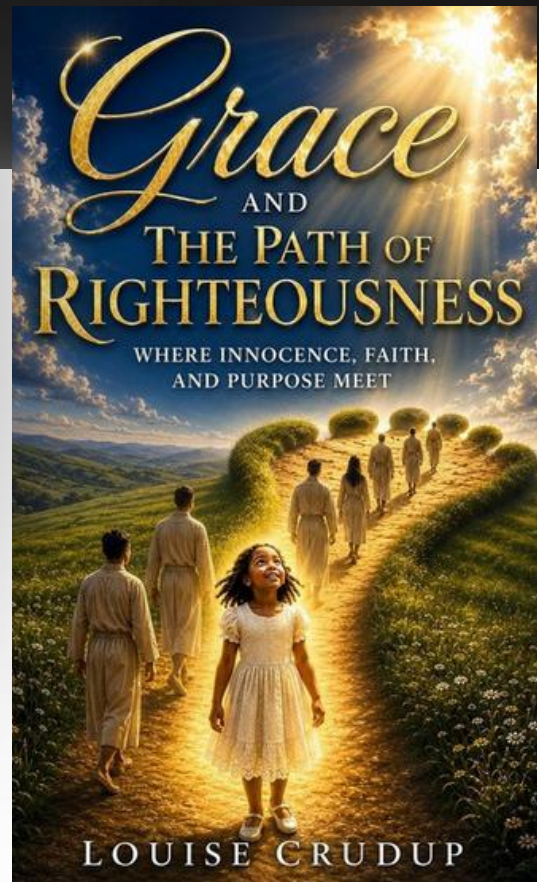
It gave her the courage to tell her truth, and that led to purpose. She kept the faith through everything that tried to destroy her.

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



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 [misslouise333](#).



AUTHOR SPOTLIGHT



LINDA DRATTELL

Linda Drattell: Finding Joy, Imagination, and Inspiration Poetry Through Storytelling.

Some connections in the literary world become lasting friendships, and my connection with author Linda Drattell is one I will always cherish. I first met Linda at the London Book Fair, where we shared a booth and spent our days introducing readers from around the world to our books. It was an incredible experience watching her engage with readers, share her passion for storytelling, and enthusiastically support fellow authors. From that moment, I knew Linda was not only a talented writer but also a genuine advocate for the literary community.

When I recently received Linda's email announcing that she had completed another novel, I couldn't help but smile. It reminded me of the excitement we shared in London and the journey every author takes from one book to the next. I am honored to once again help introduce her work to readers through BWA Magazine & Publishing.

Linda's writing reflects both imagination and [hbeoakrts](#).

Her growing collection of books demonstrates her versatility as an author, appealing to readers of all ages and interests. Among her published works are:

www.bwamagazine.com

LINDA'S BOOKS

The Lighter Side of Horse Manure, a delightful collection of poetry that reminds readers to find humor, hope, and life's unexpected blessings in everyday experiences.

Who Wants to Be Friends with the Dragon?, a charming children's book that encourages young readers to embrace friendship, kindness, courage, and acceptance while sparking their imagination.

Remember This Day, another inspiring work that showcases Linda's thoughtful storytelling and creative voice.

Now, Linda is preparing for the release of her newest novel, The Peccadilloes of Filamena Phipps. This highly anticipated novel promises to introduce readers to unforgettable characters, engaging storytelling, and unique wit and creativity that have become hallmarks of Linda's writing. While we won't reveal too much before its official release, readers can expect another memorable literary journey from an author who consistently writes with authenticity, warmth, and imagination.

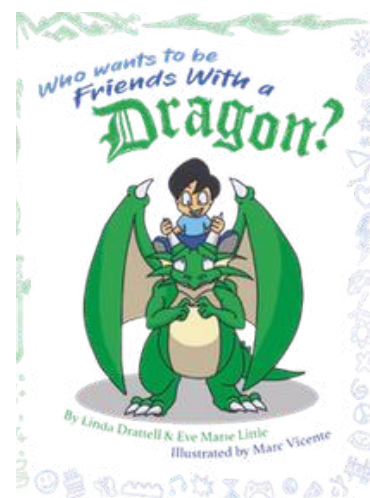
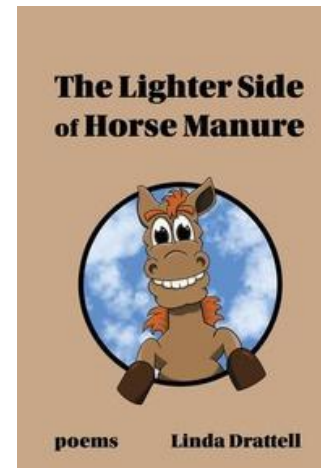
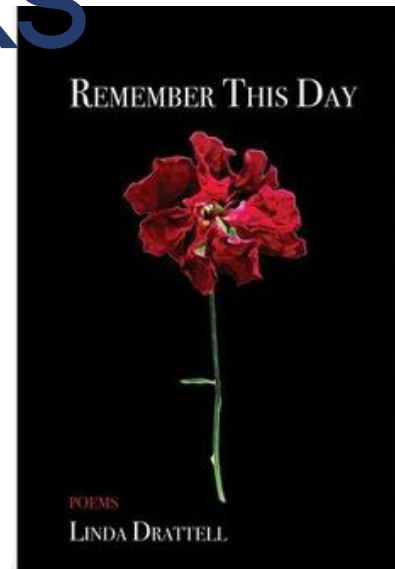
As authors, we understand that every completed manuscript represents months—or even years—of dedication, revisions, and perseverance. Each new release is more than another book; it is another dream realized.

At BWA Magazine, we proudly celebrate authors like Linda Drattell who continue to inspire readers while demonstrating that creativity has no limits. Her commitment to storytelling reminds us that books have the power to educate, entertain, encourage, and connect people across cultures and continents. Linda, it has been a privilege watching your literary journey continue to flourish. Thank you for sharing your stories with the world, and congratulations on your upcoming release. We are excited to celebrate this next chapter with you and look forward to introducing The Peccadilloes of Filamena Phipps to readers around the globe.

— Paulette Henson

Founder & Editor-in-Chief

BWA Magazine & Publishing, LLC



BUSINESS FEATURE

Build a Business That Can Grow Without Owning Every Task

The next level of entrepreneurship requires systems, support, and the courage to release control.

Many entrepreneurs begin by doing everything themselves. They answer emails, create graphics, manage social media, send invoices, serve customers, update the website, and handle every emergency that appears. In the beginning, this determination can keep a business alive. Over time, however, the same habit can limit the company's growth.

A business cannot become larger than the owner's personal capacity if every task, decision, and customer interaction must pass through one person. The founder becomes the engine, the manager, and the bottleneck. Even when revenue increases, freedom does not. The entrepreneur may appear successful while privately feeling exhausted and overwhelmed. The solution is not to stop caring. It is to turn what you care about into repeatable systems.

Document What You Do More Than Once

Every recurring task is a candidate for a process. Begin with the work that consumes the most time: onboarding clients, collecting payments, scheduling content, or following up after a sale. Write down each step as if you were explaining it to a capable person who had never seen the task before.

responding to inquiries, delivering products,

A simple checklist, template, or standard operating procedure can reduce mistakes and make delegation possible. It also prevents valuable knowledge from existing only in the founder's memory. When the process is visible, it can be improved.

Separate High-Value Work From Habitual Work

Entrepreneurs often spend their best energy on tasks that are familiar rather than tasks that create growth. Ask yourself: Which responsibilities require my experience, relationships, creativity, or authority? Which ones could be automated, scheduled, templated, or assigned to someone else?

Your most valuable work may include developing partnerships, creating signature products, nurturing important clients, shaping the brand's message, or making financial decisions. Protect time for those responsibilities. Administrative work matters, but it should not consume the hours needed for leadership.

Build Support Before You Reach Burnout

Support does not always mean hiring a full-time team. It may begin with a virtual assistant for a few hours each week, a

bookkeeper, a freelance designer, a project-based editor, or an automated scheduling and payment system. The goal is to create dependable support that matches the company's present stage.

Delegation also requires clear expectations. Define the result, deadline, quality standard, and method of communication. Then allow the person or system to do the job. Constantly taking the task back defeats the purpose and keeps the founder trapped in the same cycle.

Create a Company, Not Just a Workload

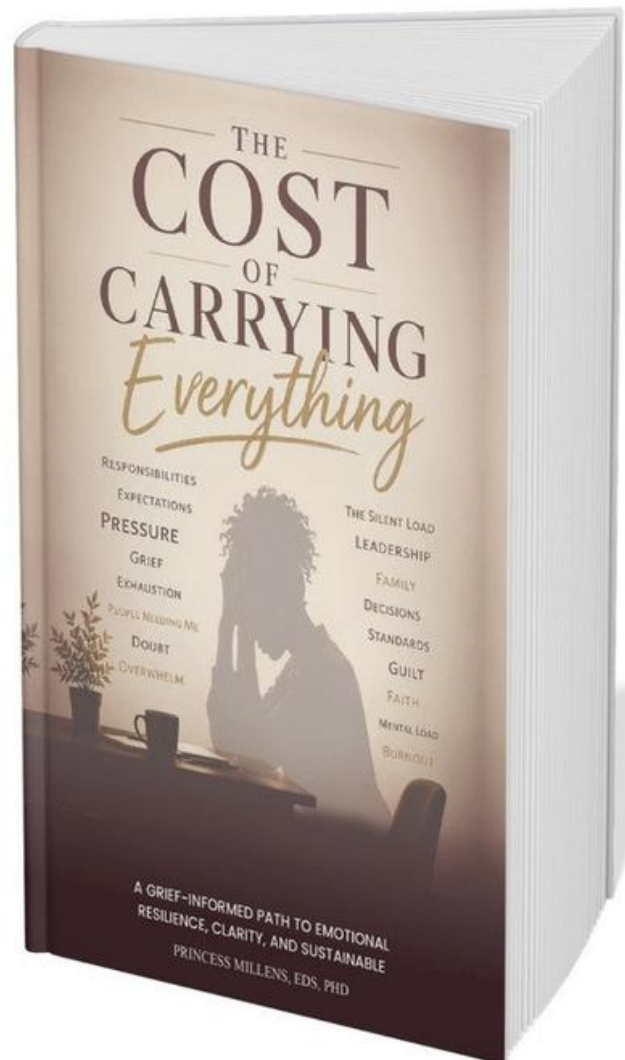
A scalable business should be able to serve customers consistently even when the owner takes a day off, attends an event, or focuses on a major opportunity. That does not happen accidentally. It is built through documented processes, clear roles, financial discipline, and technology used with intention.

Entrepreneurship should create opportunity - not become a permanent state of emergency. The strongest founders learn that releasing control is not abandoning the vision. It is giving the vision enough structure to grow.



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.

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JEWELRY

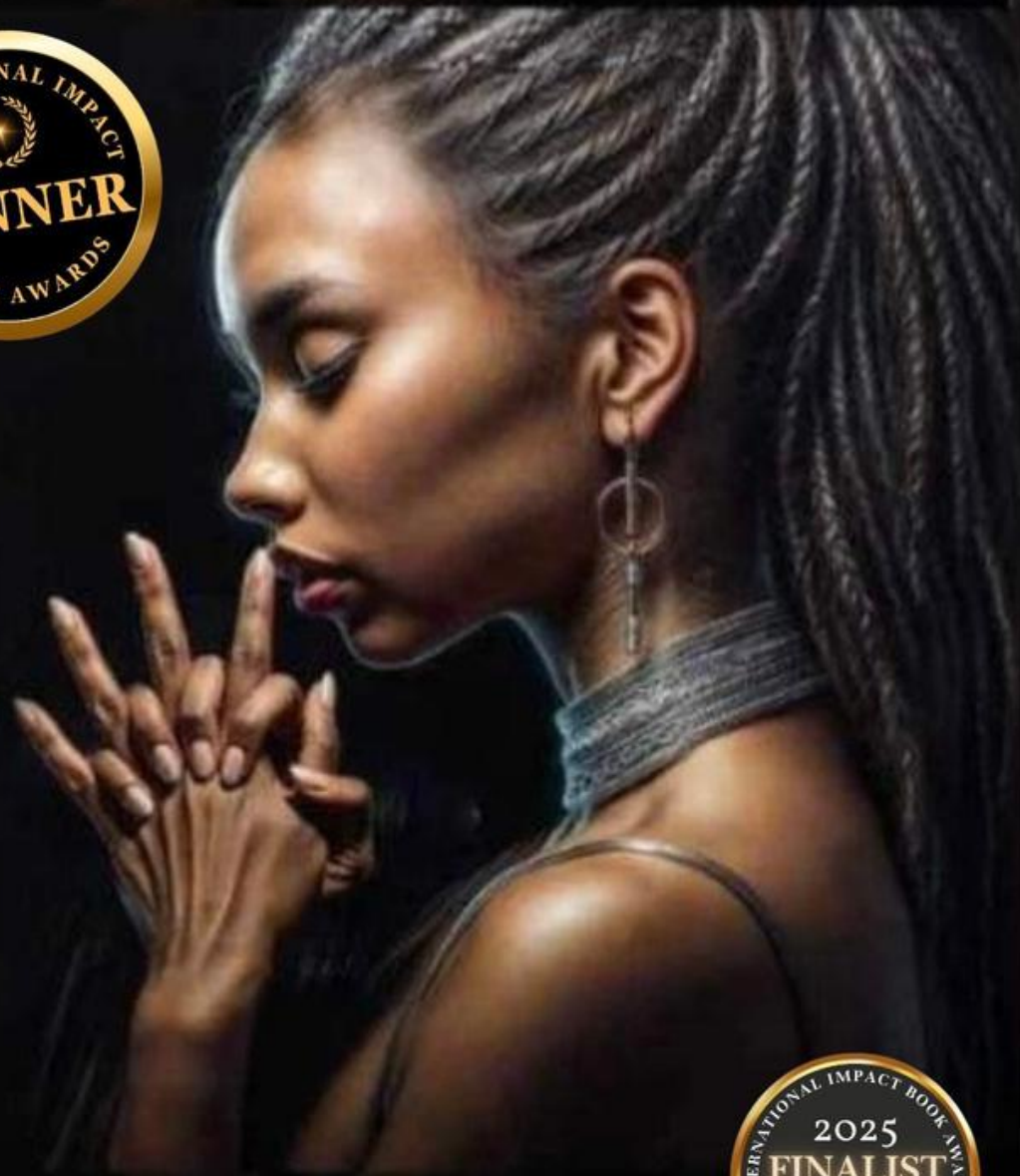


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WHY WORRY

TURNING CONCERN DOUBT AND FEAR INTO EXCITEMENT



MIRIAM M. WRIGHT
DREAM LIFE COACH



Let's Go!

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



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.

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.

A professional headshot of Dr. Robin Gethers, a Black woman with shoulder-length dark hair, smiling warmly. She is wearing a white blazer over a white top, a multi-strand gold necklace with round stones, and large gold hoop earrings. The background is a soft, out-of-focus grey.

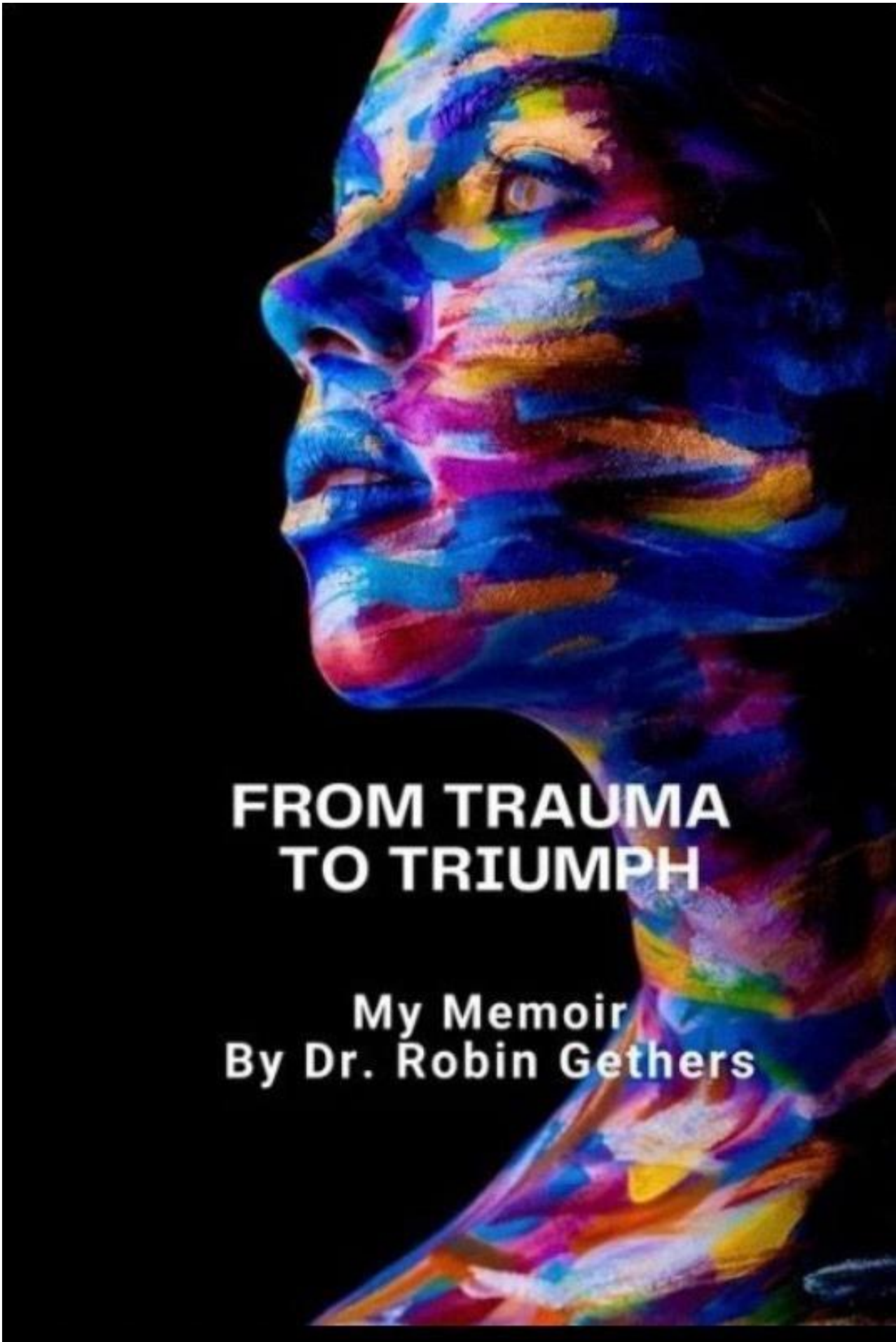
AUTHOR SPOTLIGHT

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**



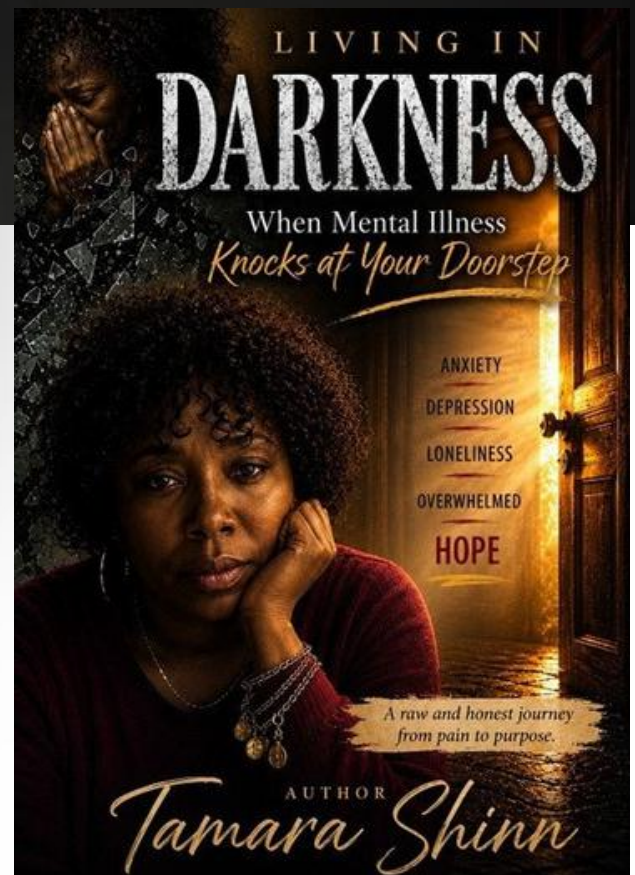
AUTHOR SPOTLIGHT

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.



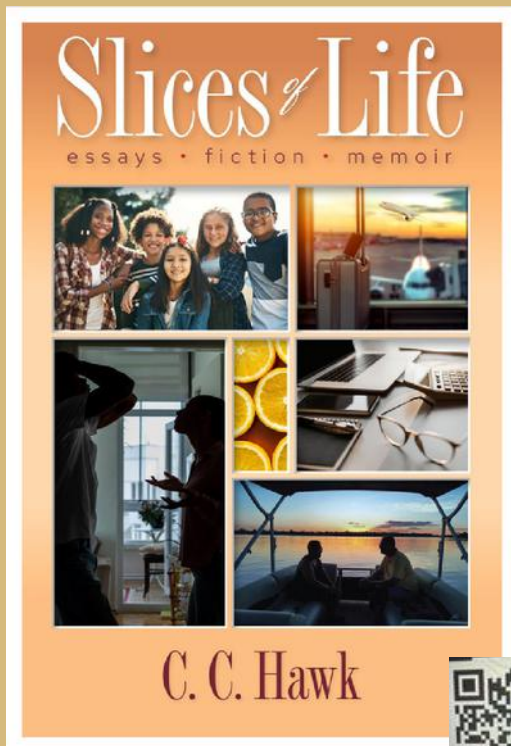
A black and white portrait of C.C. Hawk, a Black woman with short, curly hair, wearing glasses, a dark blazer, and a chunky chain necklace. She is smiling warmly at the camera.

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.

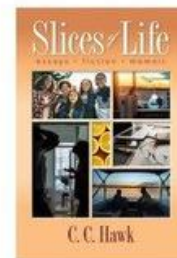
Among the many ministries she was involved with, she is most proud of being a longtime advocate for people living with diabetes. She founded and chaired a community-based Diabetes Education and Support Ministry for twenty years. Free monthly meetings featured presentations and Q & A sessions by a wide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



**TRUE
VOICE
REVIEW**



★★★★ – 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
xFacebook: CC Hawk
Writes

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

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.



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=atex00ySIyc&t=5s>

Book synopsis available in the trailer.



New York Times and *USA Today* Bestselling Author

SHANORA WILLIAMS

THE
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BEFORE



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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.

Purchase Here

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BLACK MEN AUTHORS

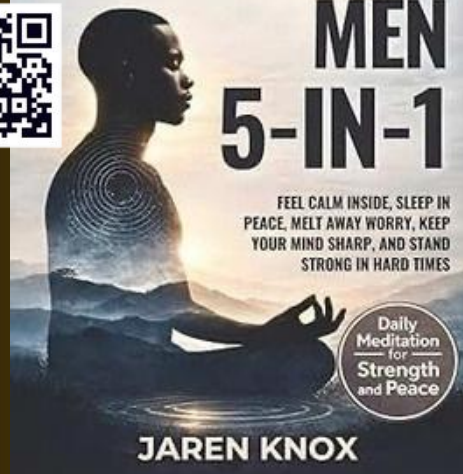
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Rewire Your Brain For Success in 30 Days
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and Abundance (Part 1)

DABERECHI N

MEDITATIONS FOR BLACK MEN 5-IN-1

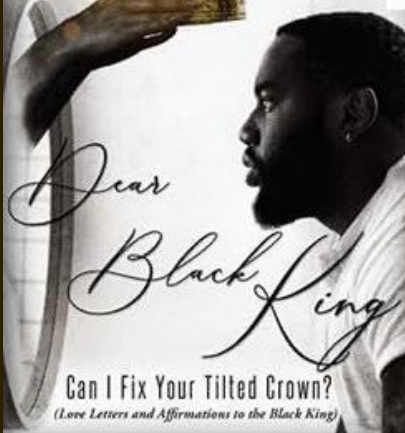


FEEL CALM INSIDE, SLEEP IN
PEACE, MELT AWAY WORRY, KEEP
YOUR MIND SHARP, AND STAND
STRONG IN HARD TIMES

Daily
Meditation
for
Strength
and Peace

JAREN KNOX

TY NESHA



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

THE WHOLE MAN

Includes
Video
Access

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

General Editors

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



THE BLACK MAN'S PERSPECTIVE

MICHAEL JACKSON

Genius, contradiction,
and the weight of fame

BY OMAR TYREE



ORIGINAL EDITORIAL ILLUSTRATION FOR BWA MAGAZINE

PRINCE, MICHAEL, AND THE SOUNDTRACK OF MY YOUTH

I can't lie: I have always been more of a

Prince fan than a Michael Jackson fan. Prince was edgier, played his own instruments, and his records generally connected with me more. But the Jackson 5 arrived first, and "Dancing Machine" remains an underappreciated funk jam - at least in my book. I still love that. I also loved the moment Michael stepped fully into his solo identity and joined forces with Quincy Jones for *Off the Wall* in 1979. That album remains my favorite Michael Jackson project: warm, rhythmic, sophisticated, and alive. By the time the short film for "Thriller" arrived in 1983, however, Prince had already released five albums between 1978 and 1982. Then came *Purple Rain* in 1984. For me, the choice was made. I was a Prince fan for life.

None of that diminishes what Michael was doing. In the early 1980s, MTV helped turn music into a visual event. Wham!, Culture Club, Cyndi Lauper, Duran Duran, Madonna - the screen was crowded with image and invention. Yet Michael rose above the field. "Billie Jean," the illuminated sidewalk, the precision of his movement, and that televised moonwalk transformed him from superstar into a new kind of global phenomenon.

"When you talk about putting on a show, Michael Jackson is still the greatest."

Bad, released in 1987, completed Michael's three-album studio run with Quincy Jones. By then, however, the public conversation around him had become almost as loud as the music. His appearance was changing. The Pepsi commercial accident had injured his scalp. The press treated every choice, rumor, friendship, and eccentricity as spectacle.

I was a senior football player and track athlete in Philadelphia, headed toward college, grounded in a city where rap music and pro-Black consciousness were shaping our cultural center. Sequins and crossover pop were not my identity. Some of Michael's image felt distant from the masculine codes of my environment. Prince was flamboyant too, but I understood him differently. Michael became harder for me to read.

That distinction matters. This is a perspective column, not a verdict. I am writing about how one young Black man in Philadelphia experienced Michael Jackson's image in real time - and how age, facts, and a new film have complicated that first impression.

THE ART NEVER DISAPPEARED

Even when the surrounding headlines pushed me away, the work kept pulling me back. *Dangerous* proved that Michael could evolve beyond the Quincy Jones era. "Remember the Time," produced with Teddy Riley, became an event: John Singleton directing, Eddie Murphy, Iman, and Magic Johnson inhabiting a luminous vision of ancient Egypt. The song moved. The short film had scale. Michael remained a master of anticipation, detail, and spectacle.

Later, when my own career as an author brought me into studios to record spoken word, rap, and R&B, I began to hear the industry differently. Stories circulated about the extraordinary cost of the *Invincible* sessions. Whatever the exact figure attached to an individual track, the larger point was clear: Michael Jackson operated at a level where ordinary budgets and ordinary expectations no longer applied. That kind of power attracts brilliant collaborators. It can also isolate an artist inside an expensive ecosystem.

THE ARTIST AS BUSINESSMAN

Then I learned about the publishing.

In 1985, Michael acquired ATV Music Publishing, a catalog that included many Lennon-McCartney compositions. The distinction matters: he did not buy the Beatles' master recordings; he bought a publishing company that controlled rights in a valuable body of songs. A decade later, Sony and Jackson formed Sony/ATV Music Publishing. In 2016, Sony acquired the Jackson estate's¹ remaining interest in that joint venture.

That deal changed the way I saw him. Behind the choreography and fantasy was a businessman who understood that the most durable wealth in music often lives in ownership. Artists can sell records, tour, and license their image, but publishing can keep generating value across generations. Michael was not merely the performer in front of the lights. He had learned how to own part of the machinery behind them.

“Behind the choreography and fantasy was a businessman who understood the long game of ownership.”

That lesson is especially important for Black creators. Talent creates the opportunity; contracts determine how much of that opportunity survives. Michael's publishing strategy showed a level of foresight that commanded my respect, even when other aspects of his life remained difficult for me to understand.

FAME, ALLEGATION, AND RESPONSIBILITY

The public record surrounding Michael Jackson also requires care. He faced allegations of child sexual abuse, which he denied. In 2005, a California jury found him

not guilty on all criminal counts.² A civil settlement from the 1990s did not constitute a criminal conviction or an admission of guilt. Later allegations and public debate have continued after his death.

No magazine column can settle what decades of testimony, litigation, reporting, and argument have not resolved. It would be irresponsible to describe accusers as proven liars, just as it would be irresponsible to describe allegations as adjudicated facts when they were not. The honest editorial position is to state what was alleged, what Jackson denied, and what courts decided - then clearly label interpretation as interpretation.

My own reaction at the time was confusion. Neverland, the animals, the intense identification with childhood, and his friendships with children did not fit any framework I recognized. I pulled away. In retrospect, I can see that confusion is not evidence. It is simply the beginning of a question.

Michael's death in 2009 added another tragic layer. The Los Angeles County coroner ruled his death a homicide caused primarily by acute propofol intoxication. His physician, Conrad Murray, was later convicted of involuntary manslaughter.³ That is more precise than calling the death a “murder,” a term that describes a different criminal offense.

I happened to be in California when Michael died and attended the 2009 BET Awards. Jamie Foxx hosted; Janet Jackson appeared to thank the fans who had loved her brother around the world. I was there in my sharp suit and tie, watching a planned awards program transform into communal mourning. It remains one of the most unforgettable rooms I have ever entered.

A dark, moody photograph featuring a large stack of vinyl records in the center. To the right, an open notebook with handwritten notes and a pen are visible. The background is dark and out of focus, suggesting a library or archive setting. The overall tone is somber and reflective.

“Talent creates the opportunity.
Ownership helps it survive.”

ORIGINAL EDITORIAL ILLUSTRATION: MUSIC PUBLISHING AND LEGACY
NOT ARCHIVAL PHOTOGRAPHY

SEEING MICHAEL THROUGH MICHAEL

I recently watched Antoine Fuqua's *Michael*, distributed domestically by Lionsgate. Jaafar Jackson portrays his uncle; Nia Long plays Katherine Jackson, Colman Domingo plays Joe Jackson, and Larenz Tate appears as Berry Gordy. The film moves with the efficiency of a music video while still giving the family story room to breathe.⁴

The performance scenes are the obvious attraction, but the film's deeper value for me was context. It returned Michael to the beginning: a gifted child inside a working family, carrying expectations far beyond his years. The young star becomes both son and economic engine. Talent creates possibility, but it also creates pressure. When a child learns that excellence is the condition of security, adulthood can become a search for the childhood that never arrived.

That frame helped me understand Neverland and Michael's public fascination with childhood more clearly. Understanding is not the same as excusing every boundary or resolving every allegation. It is simply recognizing that behavior has a history. The film, which focuses on Michael's rise through the beginning of the *Bad* era, offers a portrait of formation rather than a final answer to the controversies that followed.⁵

Commercially, the film became a phenomenon in its own right. In July 2026, industry reports placed its global box-office total above \$1 billion, making it the first biographical film to cross that threshold.⁶ That achievement says something about the enduring scale of Michael's audience: nearly seventeen years after his death, the appetite to revisit the music, the movement, and the mystery remains global.

RACE, IMAGE, AND THE LIMITS OF ASSUMPTION

One part of Michael's story has always troubled me: the way Blackness, crossover

fame, beauty, and public acceptance collided around his changing appearance. When I was younger, I interpreted those changes as a desire for whiteness. That interpretation was shaped by what I saw, by the racial politics of my community, and by America's long history of rewarding proximity to white standards.

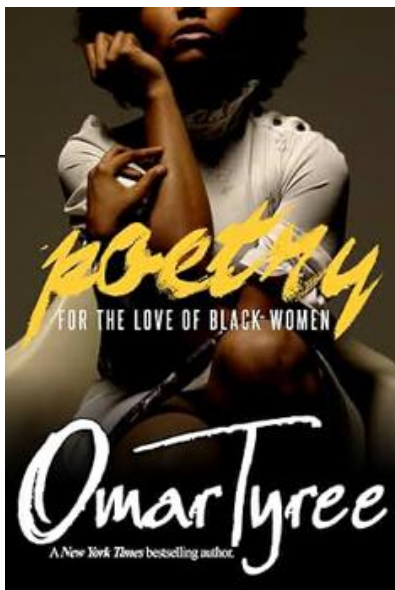
But a responsible reflection must include the medical record. Jackson publicly said that he had vitiligo, and the autopsy documented areas of skin depigmentation consistent with that condition.⁷ Cosmetic procedures and styling choices remain part of the public story, but a medical condition cannot honestly be reduced to racial self-rejection.

The larger cultural question still matters. What does global crossover ask of a Black artist? What happens when a Black body becomes a worldwide product, examined frame by frame and sold across cultures? How much of an image is self-invention, how much is medical reality, and how much is the pressure of an industry that converts difference into spectacle? Those are fair questions. Claiming certainty about another person's private motives is not.

Michael Jackson's life sits at the intersection of genius, wealth, race, childhood, commerce, desire, scrutiny, and acceptance. The story is not clean because celebrity at that scale is not clean. The machine magnifies gifts and wounds alike.

Prince guarded more of himself. Michael lived much of his transformation in public. Both men were eccentric, disciplined, ambitious, and brilliant. So am I, in my own ways. So are you. The difference is that most of us do not have millions of people watching every contradiction.

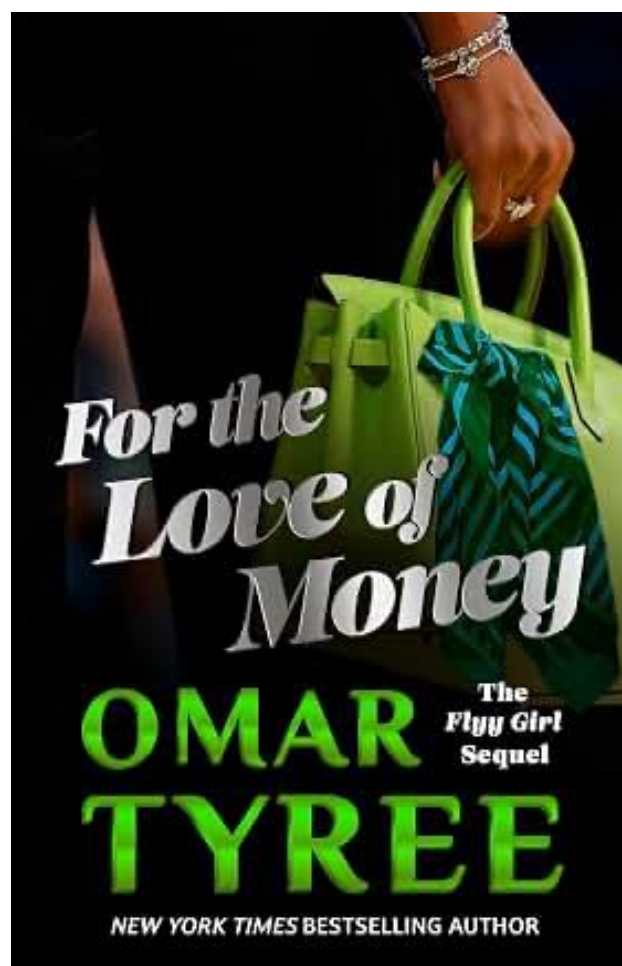
I remain a Prince man. But I can say this without hesitation: Michael Jackson was one of one. The music, the movement, and the business instincts changed the world. The rest of the story deserves something more demanding than worship or ridicule. It deserves accuracy, context, and the humility to admit what we know - and what we do not.



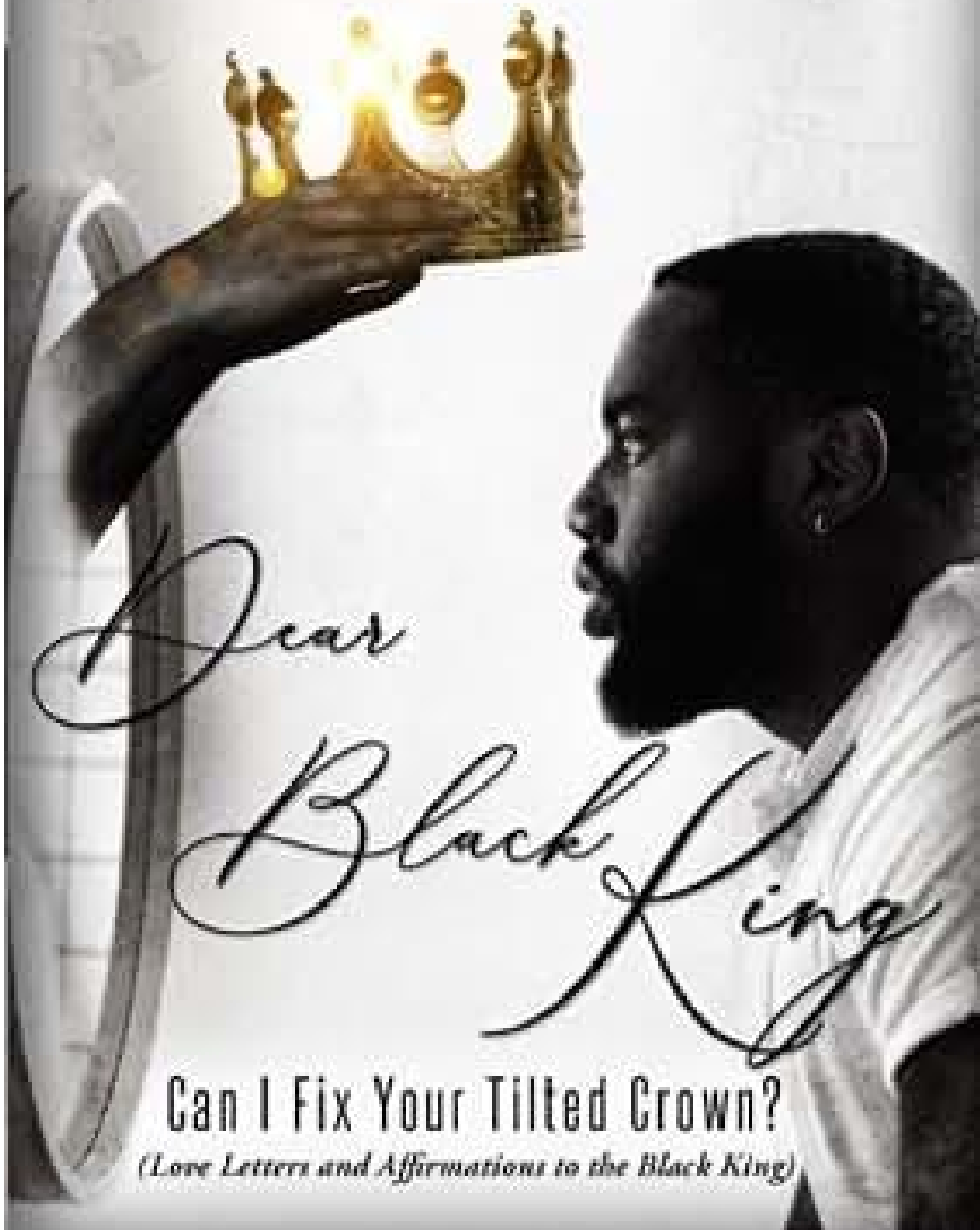
By Omar Tyree

The Black Man's Perspective of

I had no concept of fanbase maintenance, where you reach out to your public supporters on the regular and respond to them frequently. So, when grown folks who I had known for years



TY NESHA



A MAN'S TEARS



LENA M. LEE

D. Robert Robinson



AUTHOR

SPPOOTLLING

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"!



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 *

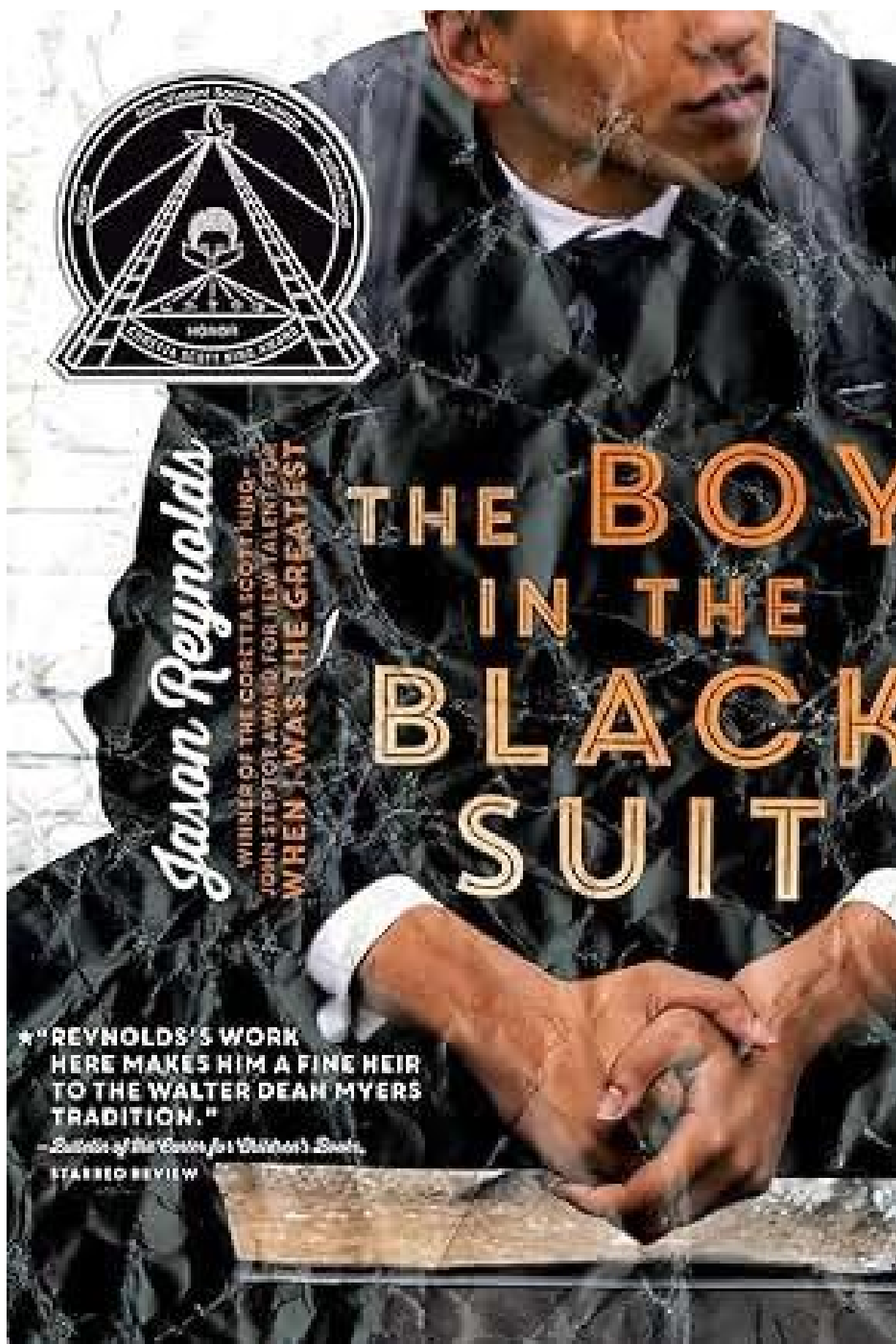
San Francisco, CA

10 COMMANDMENTS *of*

BLACK ECONOMIC POWER

DR. BOYCE WATKINS



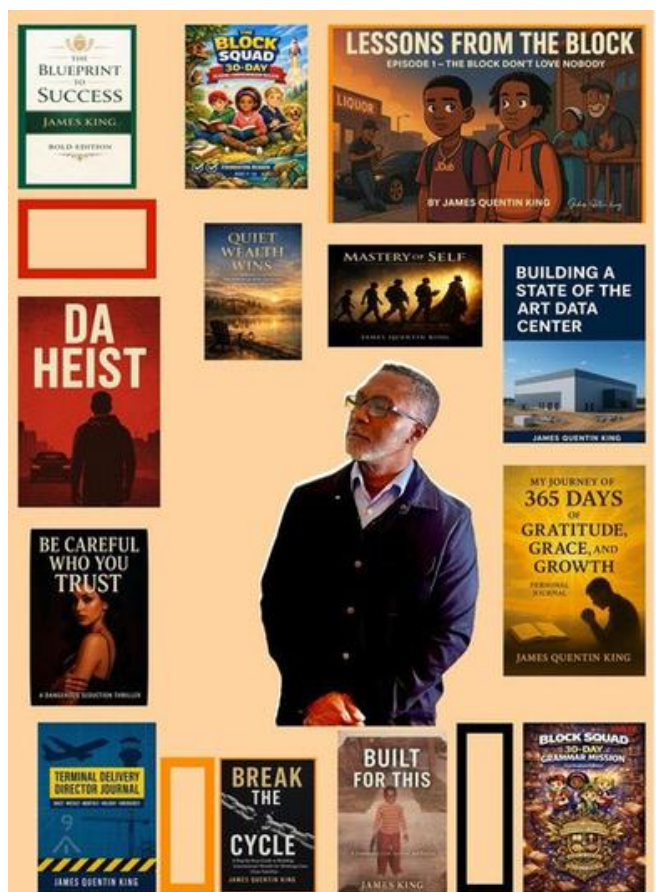


ABOUT

James J. 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 experiences shaped 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

AA of ISSAGOODREADBOOKS KidsAcademy, 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:

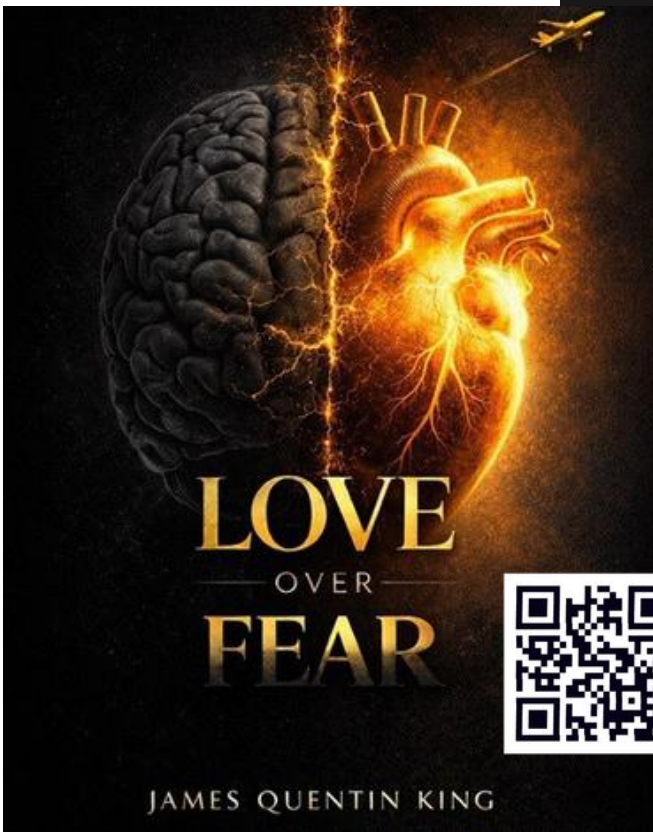
LOVE OVER FEAR

~~Love Over Fear is a journey of 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



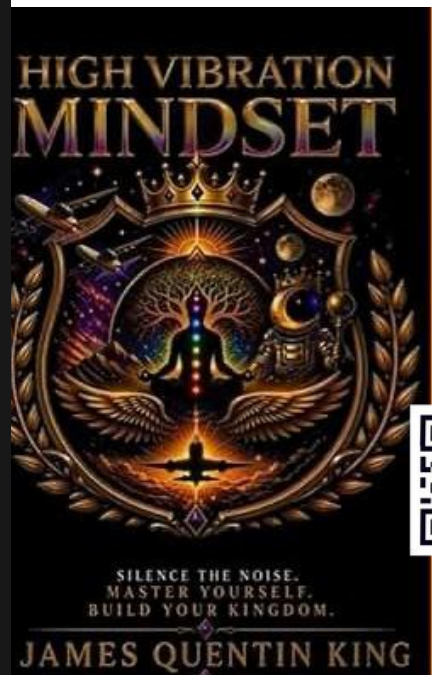
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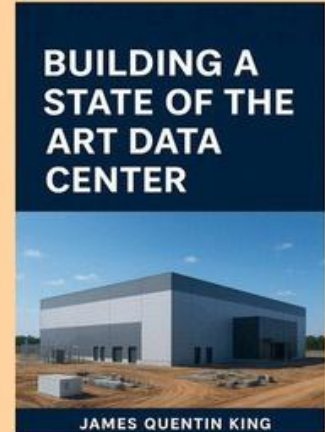
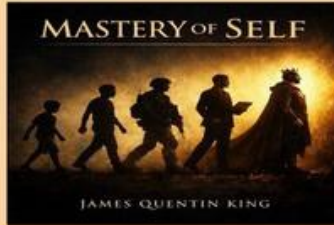
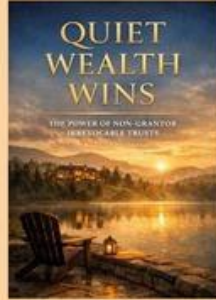
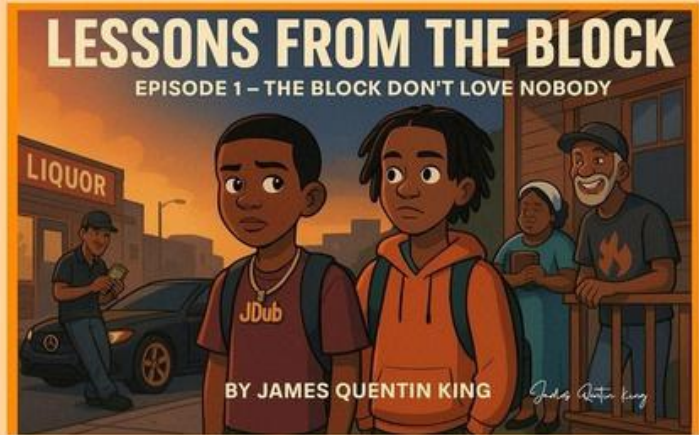
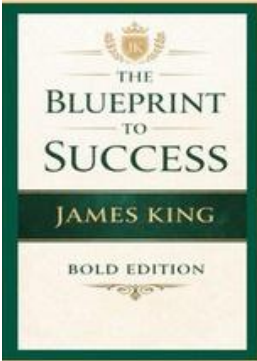
HIGH VIBRATION MINDSET

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, James Quentin King challenges readers to break free from fear, distractions, toxic cycles, and limited thinking.

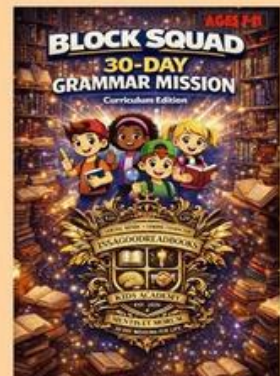
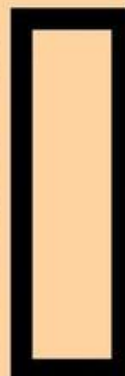
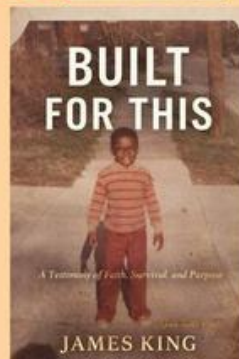
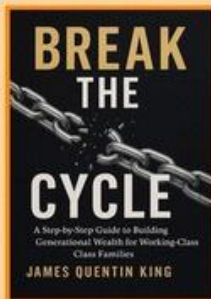
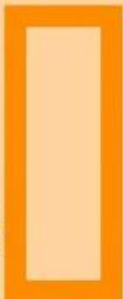
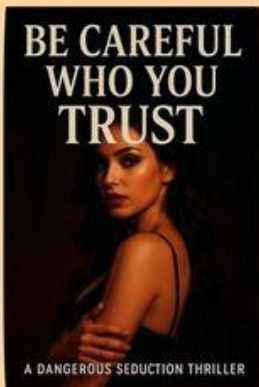
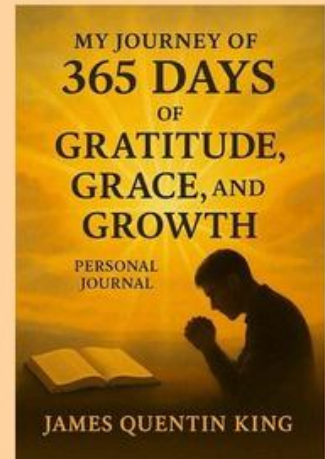
This transformative read explores the power of energy, self-mastery, faith, focus, and protecting your peace in a world designed to drain it. Whether you're rebuilding after heartbreak, battling internal warfare, chasing purpose, or striving to become the highest version of yourself, this book delivers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

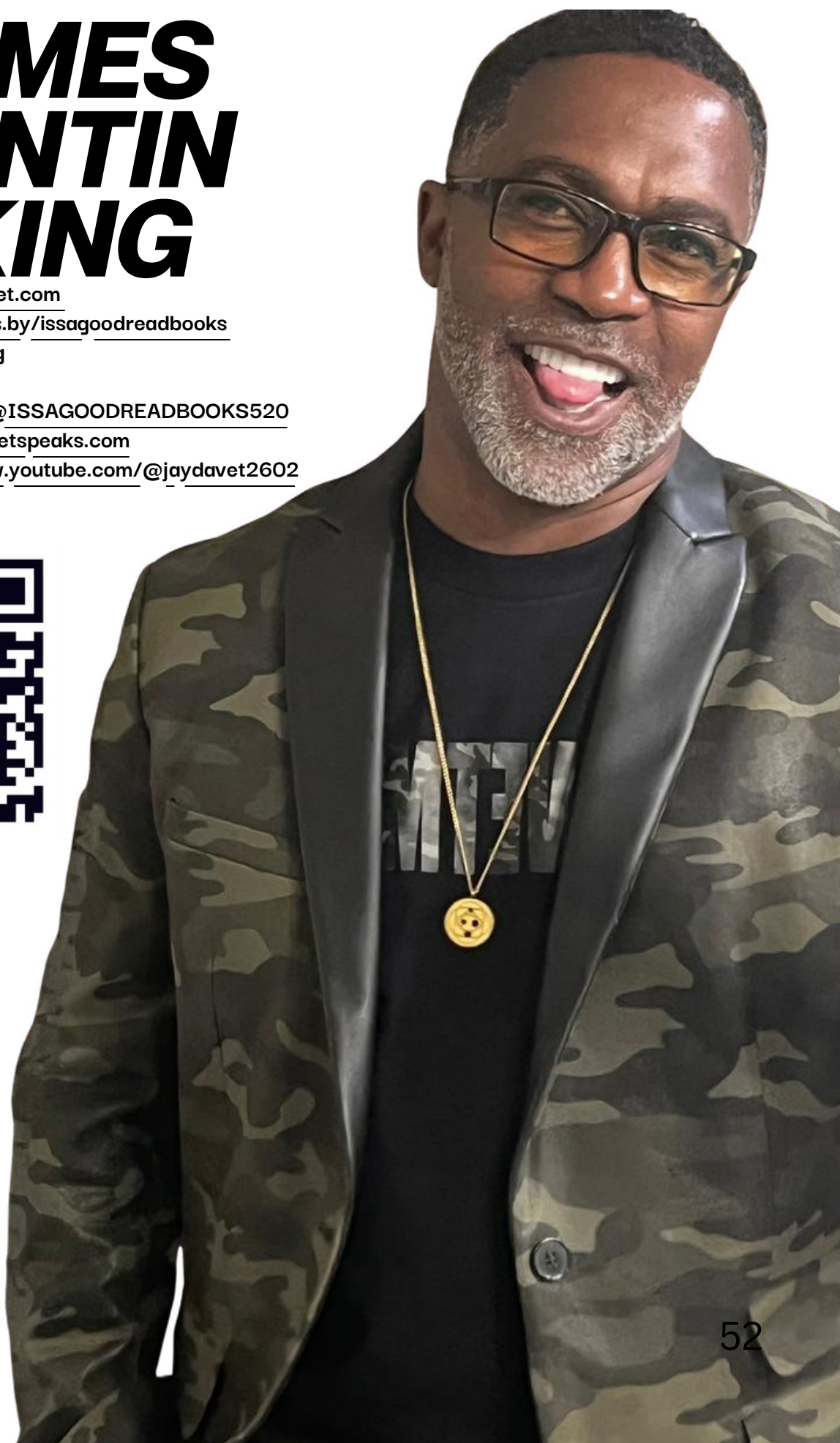
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Book YouTube:

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Public Speaker: www.jaydavetspeaks.com

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NEW YORK TIMES BESTSELLER

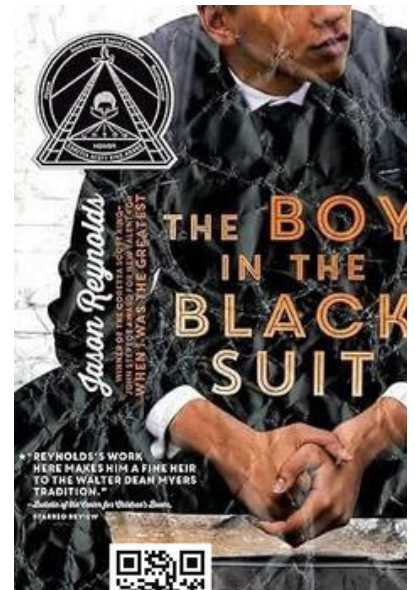
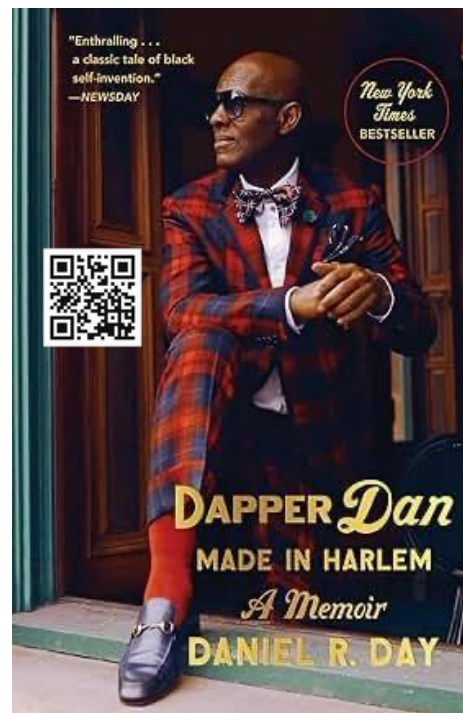
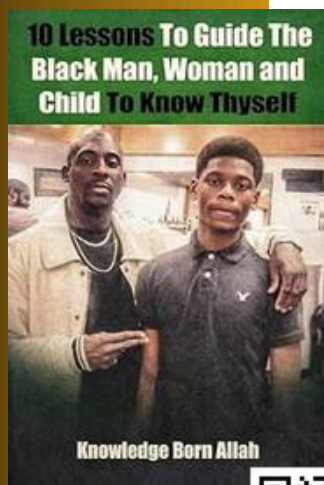
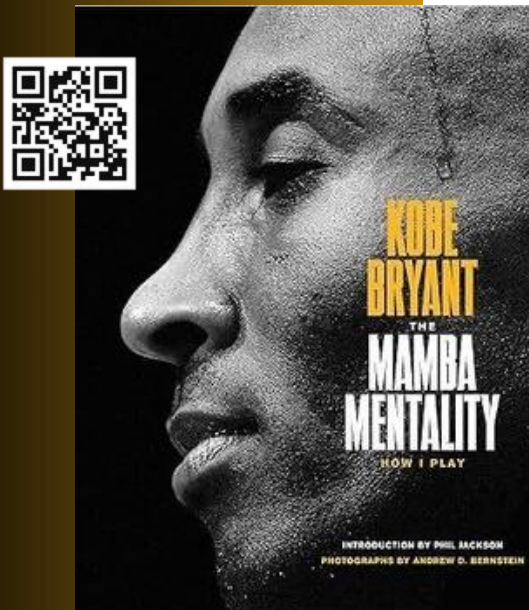
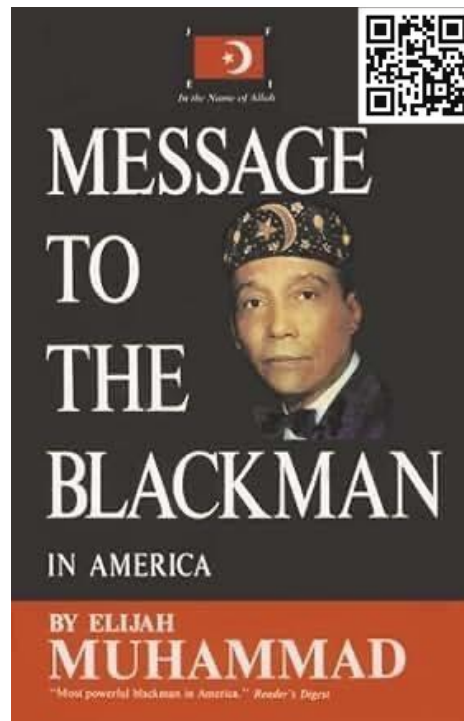
CHARLAMAGNE THA GOD



BLACK PRIVILEGE

Opportunity Comes to Those Who Create It

BLACK MEN AUTHORS



Dr. Lisa L. Campbell, PhD

Dr. Lisa L. Campbell, PhD, known as The Growth Motivator®, is an internationally recognized keynote speaker, author, healthcare leader, educator, and Growth Coach with more than three decades of experience helping individuals and organizations grow with clarity, confidence, and intention. Born and raised in Chicago, she began her healthcare career in 1992 as a medical assistant, a role that launched a journey of professional advancement, leadership, entrepreneurship, and personal reflection on growth, resilience, and purpose.

Today, Dr. Campbell is the Founder and CEO of Dr. Lisa L. Campbell, Inc., where she provides leadership and growth coaching, workshops, and keynote presentations. She has delivered more than 1,000 presentations across the United States and internationally, inspiring audiences to pause, reflect, and take intentional action. Her work is grounded in the belief that growth is not only about gaining knowledge, but also about releasing what no longer serves us.



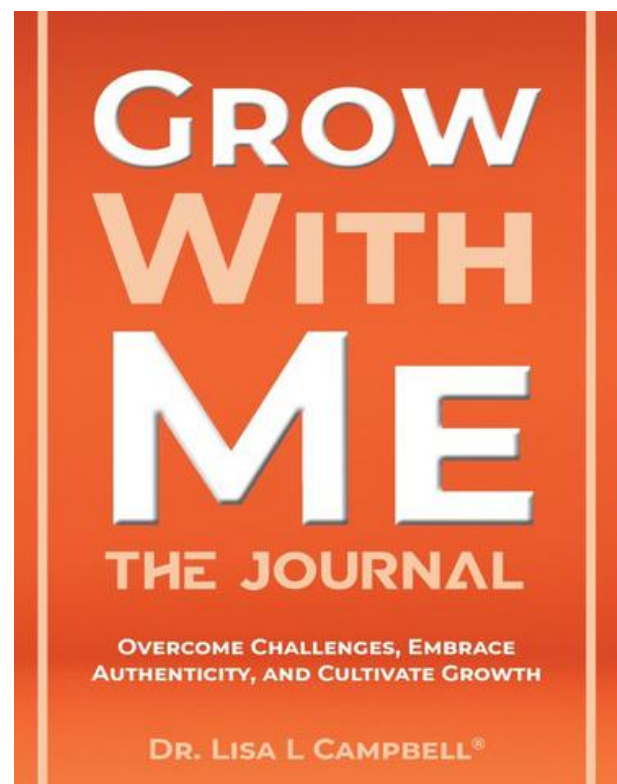
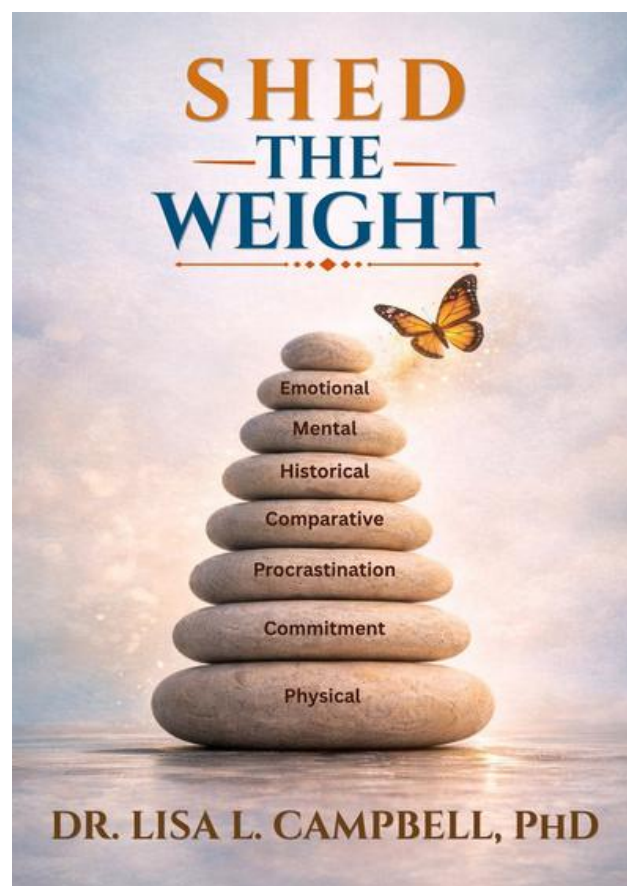
She is the author of three self-help books:
Grow With Me: Overcome Challenges,

Cultivate Authenticity, and
Grow; the anthology Embrace Thankful for It All:
Embracing Growth Through Life's Lessons;
and Shed The Weight™: Achieve Personal
Growth by Shedding What No Longer
Serves You. Through her books, speaking,
and coaching, Dr. Campbell helps people
identify and release the invisible weight
that obstructs confidence, and
fulfillment. leadership,

At the heart of Dr. Lisa L. Campbell's work is
her signature SHED™ framework—See,
Honor, Evaluate, and Decide. This reflective
process helps individuals recognize what
they are carrying, acknowledge the impact it
has had on their lives, evaluate what no
longer serves them, and make intentional

decisions that support clarity,
transformation, and sustainable growth.

Dr. Campbell is also the host of the 52
Authors 52 Weeks™ Video Podcast and
founder of the WEIGHT Conference, a
transformational gathering centered on
reflection, release, and forward momentum.
Her message is clear: when we shed what no
longer serves us, we create room to grow,
lead, and thrive with intention.



THE MOVEMENT BEHIND THE BOOK

SHED THE WEIGHT

*Making room for clarity,
leadership and transformation*

A BWA MAGAZINE COVER STORY

Some of the heaviest burdens we carry cannot be measured on a scale. They are the invisible weights of fear, disappointment, guilt, grief, self-doubt, perfectionism and expectations that no longer reflect who we are becoming.

Shed The Weight™: Achieve Personal Growth by Shedding

In **What No Longer Serves You**, Dr. Lisa L. Campbell invites readers to examine those hidden burdens and make intentional decisions about what they will - and will not - carry into the next chapter of their lives.

THE INVISIBLE WEIGHT WE CARRY

People often recognize physical exhaustion before they acknowledge emotional, mental or spiritual fatigue. They continue meeting deadlines, serving others, managing households and leading organizations while privately carrying burdens that influence every part of their lives.

Invisible weight may appear as the pressure to prove oneself, the fear of disappointing others, unresolved pain or the belief that asking for help is a sign of weakness. Because this weight is not always visible, it is easy to normalize it and mistake constant pressure for strength.



THE INVITATION: What might become possible if you stopped carrying what was never meant to follow you into your next chapter?

A DIFFERENT DEFINITION OF GROWTH

Dr. Campbell challenges the idea that growth is only about gaining more - more knowledge, more responsibility, more achievements or more proof of our value. Sometimes sustainable growth begins with subtraction.

Her message is not to abandon responsibility or dismiss difficult experiences. It is an invitation to recognize what we are carrying, understand how it has shaped our choices and determine whether it still deserves space in our lives.

The question changes from

How can I carry all of this?

What am I finally ready to release?

THE SHED™ FRAMEWORK

A reflective pathway for recognizing invisible weight and choosing what comes next.

S

SEE

Are you aware of the things that are present in your life that are not serving you?

H

HONOR

How do you feel about the things that are not serving you? Do you honor them? Do you respect them? Do you value them?

E

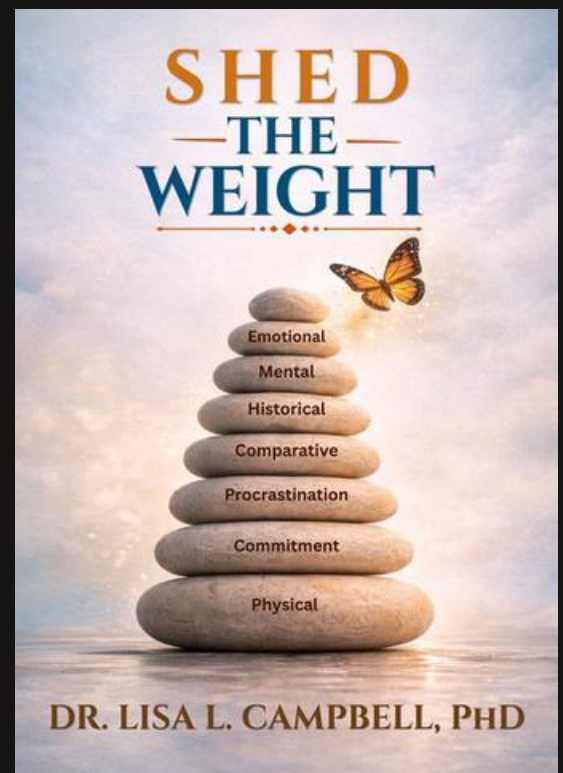
EVALUATE

Are you evaluating the things that are not serving you? Are you looking at them from a different perspective? Are you seeing them in a new light?

D

DECIDE

Do you decide to let go of the things that are not serving you? Do you decide to release them? Do you decide to move forward?



SHEDDING WEIGHT IN LEADERSHIP

The message is especially relevant for leaders, entrepreneurs, caregivers and professionals who are accustomed to carrying responsibility for others. Leadership reflection, release and intentional growth. Dr. Campbell can create pressure to appear confident at all times while for control. Effective leadership requires more than adding skills. It may. The movement reminds readers that letting go is not failure; also require releasing micromanagement, comparison, unhealthy work patterns or the belief that everything depends on one person. Release creates room for clearer thinking, healthier boundaries and more sustainable leadership.

FROM A BOOK TO A MOVEMENT

ShedTheWeight™ is more than a personal-development book. It is the foundation of a movement centered on extends the message through speaking, coaching, the WEIGHT Conference.

privately holding fear, perfectionism, overwork and the need workshops, the 52 Authors 52 Weeks™ Video Podcast and

it is wisdom. Releasing something does not mean it never mattered. It means its purpose has changed, and we are choosing not to remain trapped inside an earlier season.

“When we shed what no longer serves us, we create room to grow, lead and thrive with intention.”



AUTHOR SPOTLIGHT

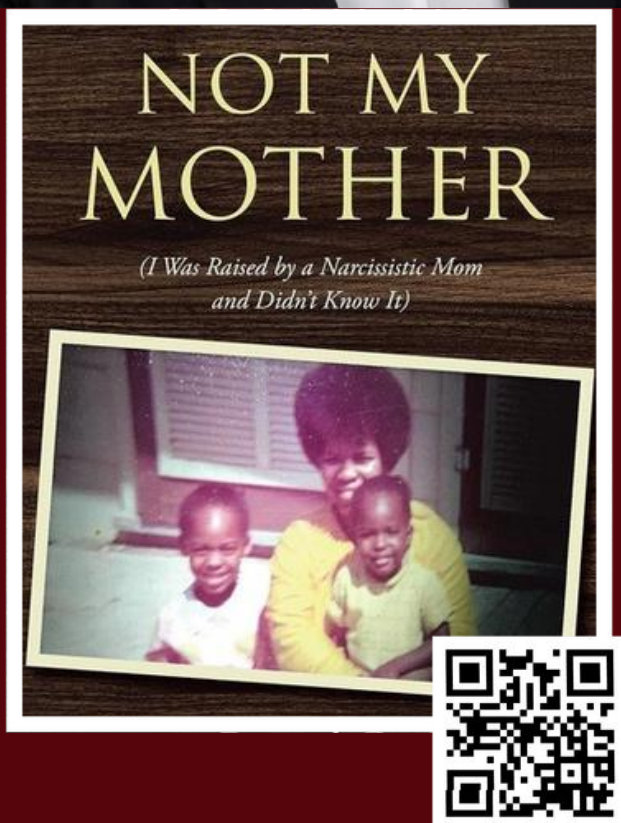
RAQUEL G.

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.



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.

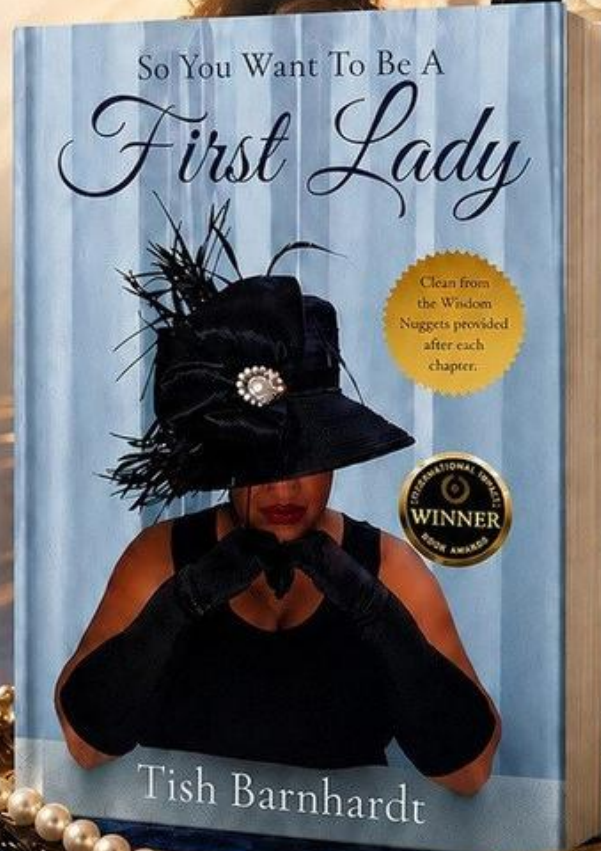
Behind the pulpit is a battlefield most will never see. Behind the smiles are silent tears. Behind the calling is a woman learning to survive the weight of expectation, betrayal, and scrutiny.

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.

ENTER WISELY.
STAND FIRM.
FINISH STRONG.



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SCAN TO ORDER
YOUR COPY TODAY!

*Empowered Women.
Purposeful Leaders.
Lasting Impact.*

*Your journey to becoming the
First Lady you were created
to be starts here.*

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.

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

BARNES & NOBLE

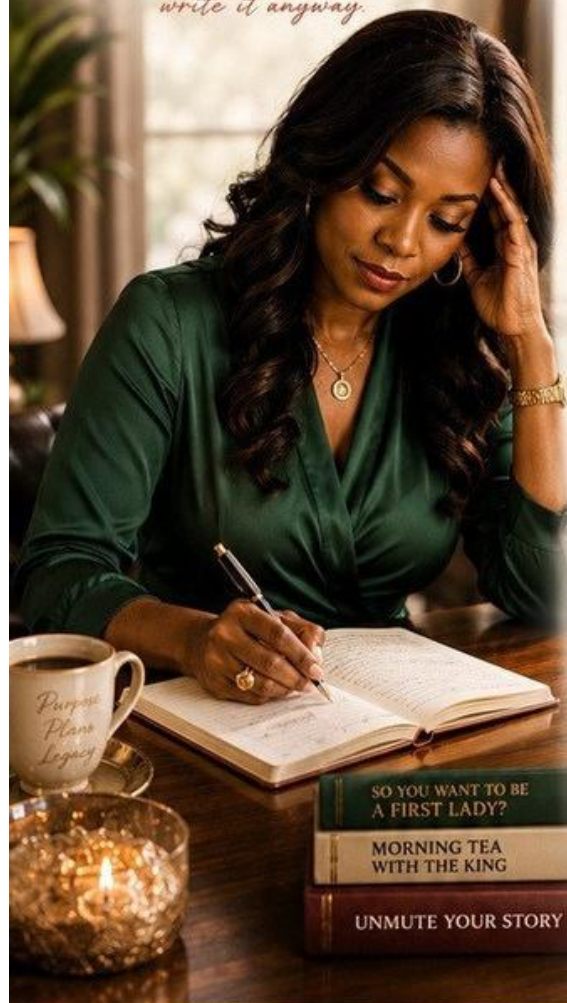
Walmart.com





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

This isn't just about writing a book. It's about becoming the author of your life—and inspiring others to do the same.



**PROVEN. POWERFUL.
TRANSFORMATIONAL.**

Thousands of aspiring authors have taken this journey and are now published, empowered, and impacting lives through their stories.



**YOUR STORY.
YOUR LEGACY.**

You have a message that can change someone's life. Let's make sure it gets out of you and into the world.



★ **YOU'RE INVITED!** ★
JOIN MY NEXT FREE MASTERCLASS
Discover the exact steps to write, publish,
and impact the world with your story.

BWAMAGAZINE.COM/UNMUTEYOURSTORY



3X AWARD-WINNING AUTHOR
International Impact Book Award
Medal of Excellence in Writing
Quill of Inspiration Award



TRANSFORMATIONAL SPEAKER
AUTHOR COACH
TELEVISION HOST



HELPING AUTHORS UNMUTE
THEIR STORIES AND IMPACT
THE WORLD



THINK BIG

YOUR BOOK IS THE BEGINNING,
NOT THE END.

Most authors stop at publishing.
The most successful authors
discover what's possible **after**
publication.

“ YOUR STORY.
YOUR VOICE.
YOUR **LEGACY.**

What if your book's greatest
value isn't found in the royalties—
but in the doors it can open?

Your book was never meant
to be just another listing.
**It was meant to create
opportunities.**



BEYOND THE BOOK,
WHAT'S POSSIBLE?

Visibility. Influence. Impact. Income.

Let's create a roadmap that helps you
maximize your message and build
the business it can become.



**BOOK YOUR
90-MINUTE
AUTHOR MONETIZATION
BLUEPRINT SESSION**

SCHEDULE TODAY!

64



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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

find strength during difficult seasons, and anyone searching for strength during difficult seasons.



NOW ACCEPTING

PROMOTE YOUR BOOK

GET FEATURED

BLACK WOMEN AUTHORS



BWA

DR. JERWANDA JOHNSON



AUTHOR SPOTLIGHT

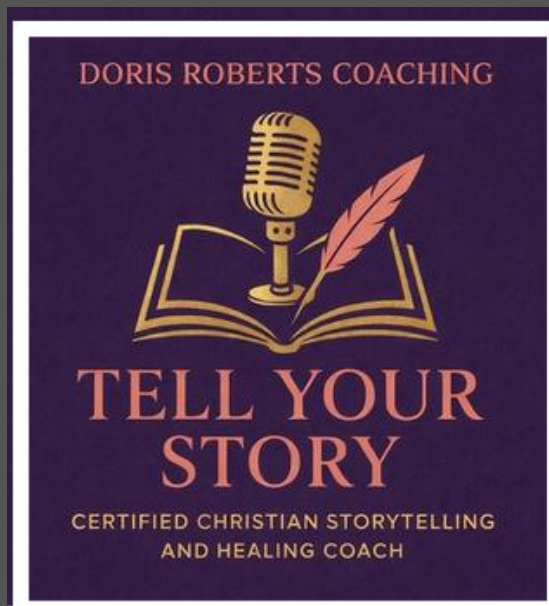
DORIS LAVONNE



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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— IT SHOULD BE A LIFESTYLE.

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integrity, dedication, and a
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- ✓ FAMILY LAW
- ✓ PERSONAL INJURY
- ✓ CORPORATE LAW
- ✓ REAL ESTATE
- ✓ IMMIGRATION LAW

YOU WOULDN'T DRIVE WITHOUT CAR
INSURANCE.

YOU WOULDN'T SEE A DOCTOR WITHOUT
HEALTH COVERAGE.

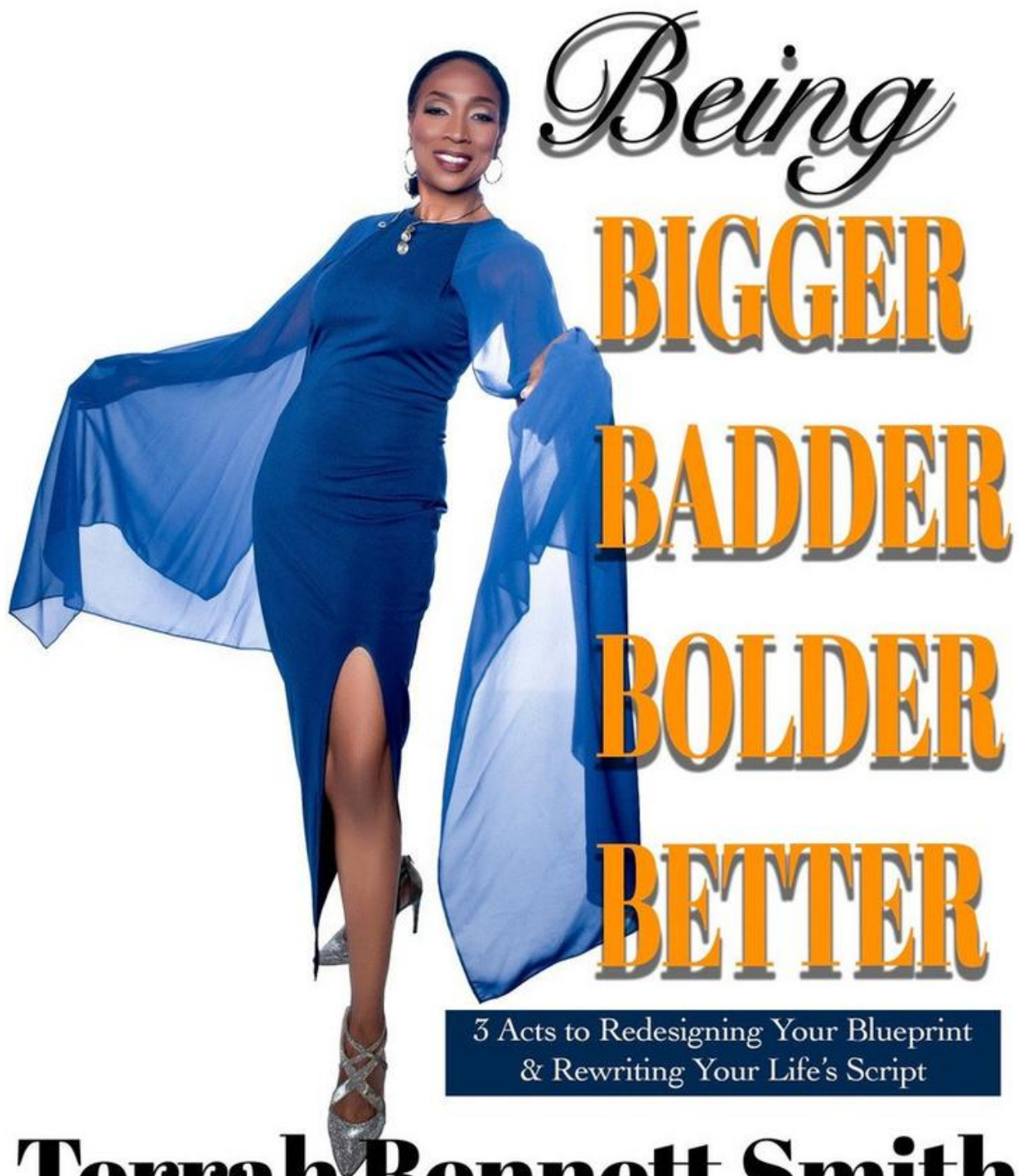
SO WHY FACE LIFE UNPROTECTED?

BE PROTECTED

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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.

A full-page photograph of a Black couple embracing against a red brick wall. The man, on the left, has long dreadlocks and is wearing a blue pinstriped suit and white sneakers. He is holding the woman's face gently. The woman, on the right, also has long dreadlocks and is wearing a white sleeveless dress with a large white bow at the back and white sneakers. She is looking down at the man. The background is a red brick wall with a window visible in the upper right.

Life is Full of Adventures, Let's Explore Together

hidden waterfalls or enjoying a couples' spa experience rooted in centuries-old healing traditions. Instead of checking emails, you're watching the sunset together.



BAE - CATION

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.

FRESH • COLORFUL • REFRESHING

Melon Season

How to choose, store, and serve summer's sweetest fruit



What Is Inside a Melon?

Melons are naturally refreshing because their flesh contains a high amount of water. They also provide vitamin C, potassium, and protective plant compounds. Orange-fleshed varieties, including cantaloupe and many Crenshaw melons, are especially known for beta-carotene, which the body converts to vitamin A.



THE QUICK MELON TEST

- Heavy for its size
- No cracks, mold, sunken spots, or leaking
- A pleasant aroma near the blossom end
- A slight give when gently pressed - never mushy

Shopping for the Best Melon

Start with appearance and weight. Choose a melon that feels full and heavy, with a rind that matches its variety. Avoid deep bruises, soft wet areas, cracks, or signs of decay. Smell the blossom end: ripe aromatic melons should have a clean, fragrance; sweet, rather than a fermented odor.

Do not judge every melon by softness alone. Some varieties remain fairly firm when ripe. Color, aroma, weight, and the condition of the rind provide a better overall picture.

Food-Safety Reminder

Wash the entire melon under running water before cutting, even when the rind will not be eaten. Scrub firm rinds with a clean produce brush, dry with a clean towel, and use a clean knife and cutting board. Do not wash produce with soap.

Know Your Melons



Cantaloupe

Look for a raised, even netting over a tan or golden background. A ripe cantaloupe should smell sweet at the blossom end and yield slightly when gently pressed. Avoid melons with green undertones, deep bruises, or wet spots.

Honeydew

Choose one with a creamy white to pale yellow rind rather than a bright green cast. The surface may feel slightly waxy or velvety. It should feel heavy, smell gently sweet, and give just a little at the blossom end.

Persian Melon

Persian melons resemble large, aromatic cantaloupes. Look for pronounced netting, a warm golden background, substantial weight, and a rich sweet fragrance. The blossom end should have a slight spring without feeling soft.

Crenshaw Melon

This elongated melon develops a yellow-gold rind, sometimes with green remaining near the stem. Choose one that feels heavy and fragrant, with a slight give at the blossom end. Its flesh should be peach-colored, juicy, and richly sweet.

Storing Melons at Home

- Unripe whole melons: Keep at room temperature away from direct sunlight until aromatic and ready.
- Ripe whole melons: Refrigerate to slow further ripening and protect quality.
- Cut melon: Cover tightly or place in a sealed container and refrigerate promptly at 40°F or below.
- Serving outdoors: Do not leave cut melon out longer than two hours - or one hour when the temperature is above 90°F.

Beautiful Ways to Serve

- Scoop contrasting melons into balls and layer them in a glass bowl.
- Cut thin slices and fan them across a platter.
- Use small cutters for flowers, stars, or hearts.
- Carve a zigzag rim into a melon half and fill it with fruit.
- Pair melon with mint, lime, feta, prosciutto, yogurt, or chili-lime seasoning.
- Blend very ripe melon into smoothies, chilled soup, granita, or agua fresca.



STRAWBERRY CHANTILLY

A fresh, cloud-light celebration cake

YIELD: 10-12 SERVINGS

Tender vanilla cake, jewel-bright berries and billows of Chantilly cream come together in a dessert that looks luxurious yet feels wonderfully fresh.

FOR THE VANILLA CAKE

- 2 1/2 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon fine salt
- 3/4 cup unsalted butter, softened
- 1 3/4 cups granulated sugar
- 4 large eggs, room temperature
- 2 teaspoons vanilla extract
- 1 cup whole milk, room temperature

FOR THE STRAWBERRIES

- 3 cups strawberries, hulled and sliced
- 2 tablespoons granulated sugar
- 1 tablespoon fresh lemon juice

FOR THE CHANTILLY CREAM

- 8 ounces mascarpone, chilled
- 8 ounces cream cheese, chilled
- 1 1/2 cups heavy whipping cream, chilled
- 3/4 cup powdered sugar, sifted
- 1 teaspoon vanilla extract

MAKE THE CAKE

- 1 Prepare.** Heat oven to 350°F. Grease and line two 8-inch round cake pans.
- 2 Mix.** Whisk flour, baking powder and salt. In another bowl, beat butter and sugar until light. Add eggs one at a time, then vanilla.
- 3 Finish the batter.** Add the dry ingredients in three additions, alternating with the milk. Divide evenly between pans.
- 4 Bake.** Bake 25–30 minutes, until a tester comes out clean. Cool 10 minutes in pans, then cool completely on racks.
- 5 Prepare the berries.** Toss sliced strawberries with sugar and lemon juice. Rest 15 minutes; drain excess liquid.
- 6 Whip.** Beat mascarpone and cream cheese just until smooth. Slowly add cream, then powdered sugar and vanilla. Whip to firm, spreadable peaks.
- 7 Assemble.** Split cake layers if desired. Layer cake, cream and berries; repeat. Frost the top, crown with strawberries and dust with powdered sugar.



STRAWBERRY CHIFFON TARTLETS

MAKES 8 TARTLETS

INGREDIENTS

- 8 baked 3-inch tart shells, cooled
- 1 1/2 cups fresh strawberries, divided
- 1/3 cup granulated sugar
- 1 tablespoon fresh lemon juice
- 1 teaspoon unflavored gelatin
- 2 tablespoons cold water
- 3/4 cup heavy whipping cream, chilled
- 1/2 teaspoon vanilla extract
- 2 tablespoons powdered sugar, plus more for finishing
- Fresh mint, optional

METHOD

- 1 Bloom.** Sprinkle gelatin over the cold water and let stand 5 minutes.
- 2 Make the berry base.** Purée 1 cup strawberries with granulated sugar and lemon juice. Warm gently until steaming, then stir in bloomed gelatin until dissolved. Cool to room temperature.
- 3 Whip.** Beat heavy cream with vanilla and powdered sugar to medium peaks.
- 4 Fold.** Gently fold the cooled strawberry mixture into the whipped cream until evenly pink and airy.
- 5 Fill and chill.** Spoon or pipe into tart shells. Refrigerate at least 2 hours, until softly set.
- 6 Finish.** Garnish with the remaining strawberries, a light snowfall of powdered sugar and mint, if desired.

A BEAUTIFUL FINISH

For the cake: Chill the assembled cake for 1 hour before slicing. Use a warm, clean knife for neat layers, wiping it between cuts.

For the tartlets: Pipe the chiffon filling with a large round or star tip. Fan thin strawberry slices on top, then sift powdered sugar over them just before serving.

MAKE-AHEAD AND SERVING NOTES

- **Serve:** One cake slice or one tartlet per guest.
- **Make ahead:** Bake cake layers and tart shells one day in advance; wrap or store airtight.
- **Keep chilled:** Because both desserts contain dairy cream, refrigerate until shortly before serving.
- **Best texture:** Assemble tartlets the day they will be enjoyed so the shells stay crisp.





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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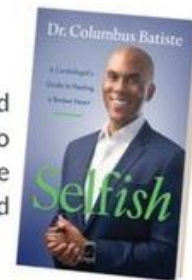


CARDIOLOGIST

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.

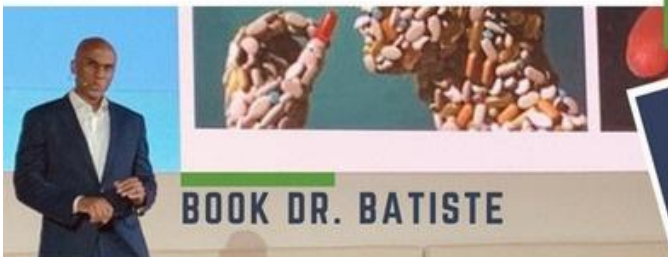
AUTHOR

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



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HEALTH & WELLNESS

HEALTH & FITNESS AFTER 50

Movement that fits your real life

Fitness after 50 is not about chasing an old version of yourself. It is about protecting your energy, mobility, strength and confidence for the life you are living now. The most effective plan is often the one you can repeat: simple movement, done consistently.

START WHERE YOU ARE

If you have been inactive, begin with five or ten comfortable minutes. Walk down the block, march gently in place, stretch while the coffee brews or stand up during television breaks. Small sessions can be added together, and some movement is better than none.

WHAT COUNTS AS MOVEMENT?

- **Walking:** around the neighborhood, mall, office or grocery store.
- **Household chores:** sweeping, vacuuming, making beds, carrying laundry or tidying rooms.
- **Yard work:** watering plants, pulling weeds, light raking or pushing a mower at a comfortable pace.
- **Joyful activity:** dancing, swimming, cycling, pickleball or playing with grandchildren.

BUILD A BALANCED WEEK

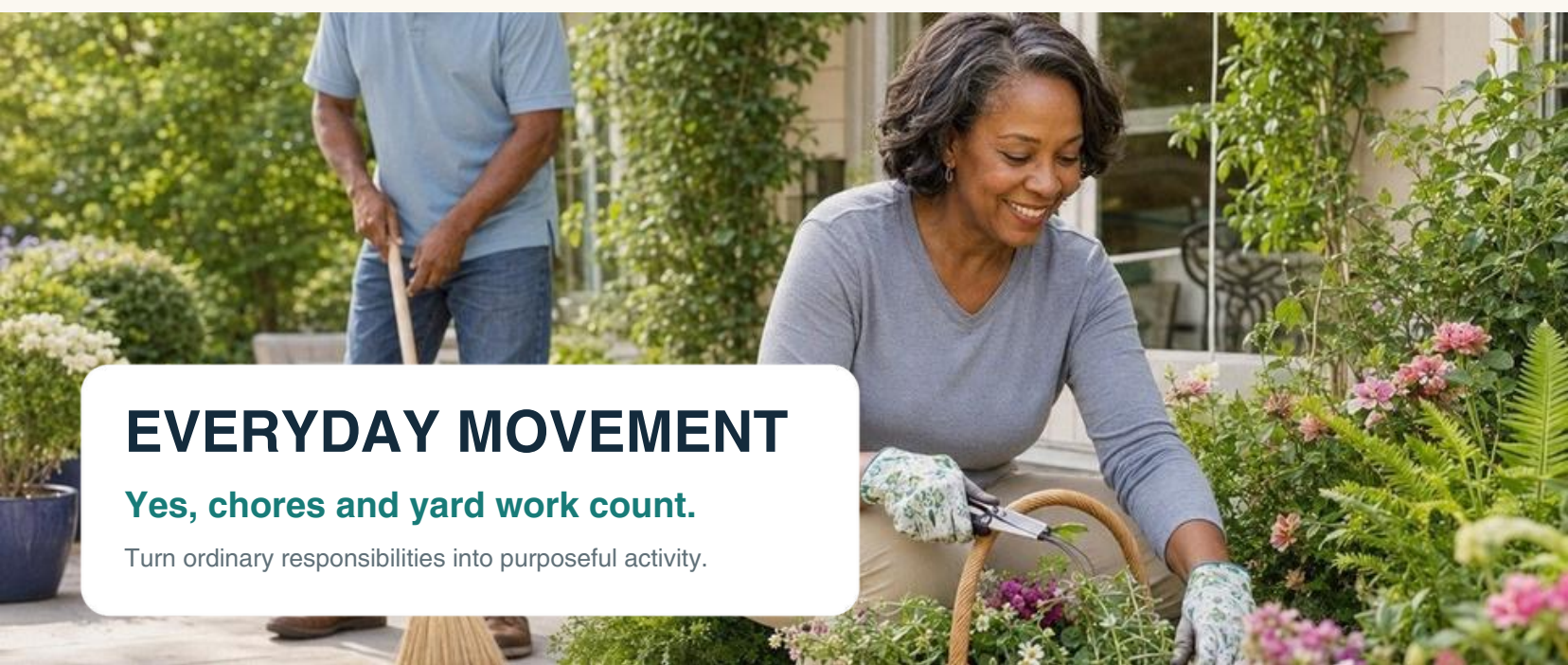
Federal guidance encourages adults to work toward at least **150 minutes of moderate aerobic activity each week**, plus **muscle-strengthening activity on two days**. As we age, balance practice also becomes especially valuable. You can divide the aerobic goal into smaller sessions.

USE THE TALK TEST

During moderate activity, your breathing and heart rate increase, but you can still speak in short sentences. Pace matters: leisurely dusting may be light movement, while continuous vacuuming, brisk sweeping or energetic gardening may feel moderate.

THE EVERYDAY GOAL

Move more. Sit less. Choose activities you enjoy, and make consistency more important than perfection.



EVERYDAY MOVEMENT

Yes, chores and yard work count.

Turn ordinary responsibilities into purposeful activity.

A REALISTIC DAILY ROUTINE

- 1 **Warm up for 3-5 minutes.** Walk slowly, roll your shoulders and gently move your ankles.
- 2 **Move for 10-20 minutes.** Walk, dance, garden, sweep or combine several short activities.
- 3 **Add strength.** Try chair sit-to-stands, wall push-ups or light resistance bands.
- 4 **Practice balance.** With a sturdy counter nearby, try heel-to-toe walking or a supported single-leg stand.
- 5 **Cool down.** Slow your pace, breathe deeply and stretch without bouncing.

STRENGTH IN DAILY LIFE

Muscle-strengthening does not require a complicated gym routine. Rising from a chair with control, carrying light grocery bags, using resistance bands and doing countertop push-ups can train major muscle groups. Increase gradually and use stable support when needed.

MAKE CHORES WORK FOR YOU

- Set a 10-minute timer and tidy continuously at a comfortable pace.
- Take two or three walking laps through the house between tasks.
- Alternate hands while sweeping or wiping surfaces.
- Carry smaller laundry loads to avoid strain and make an extra trip.
- Use good posture: keep items close, bend at the knees and avoid twisting while lifting.
- In the yard, rotate between watering, light weeding and raking to vary the movement.
- Pause for water, shade or rest before you feel exhausted.

YOUR SAMPLE WEEK

- **Monday:** 20-minute walk + 5 minutes of balance.
- **Tuesday:** Light strength routine + household chores.
- **Wednesday:** 20-minute walk or dance session.
- **Thursday:** Yard work + gentle stretching.
- **Friday:** 20-minute walk + light strength.
- **Weekend:** One enjoyable activity and active recovery.

MOVE SAFELY

If you have a chronic condition, recent surgery, dizziness, balance concerns or have been inactive for a long time, ask a qualified healthcare professional what activities are appropriate for you. Stop and seek medical guidance for chest pain, unusual shortness of breath, faintness or severe pain.

Sources: CDC, "Adult Activity: An Overview" and "Older Adult Activity: An Overview"; U.S. Department of Health and Human Services, Move Your Way.

LIVE FIT & FREE FOR LIFE

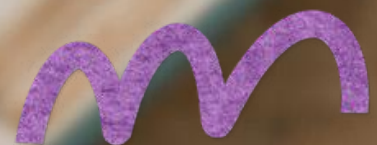
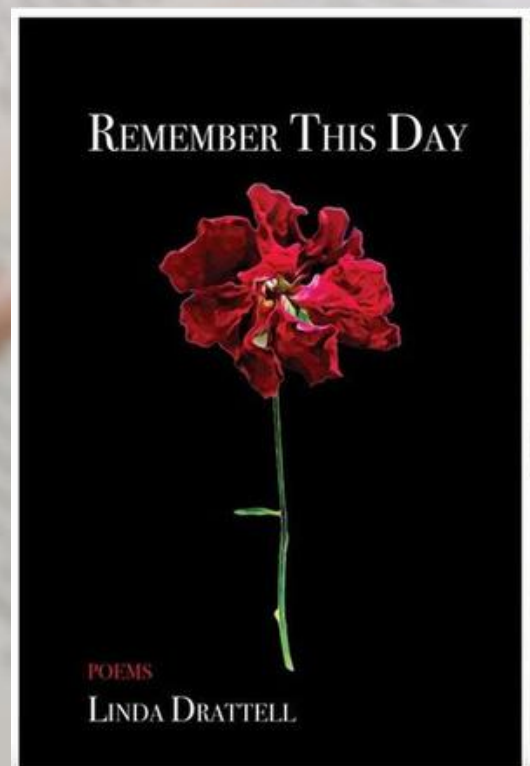
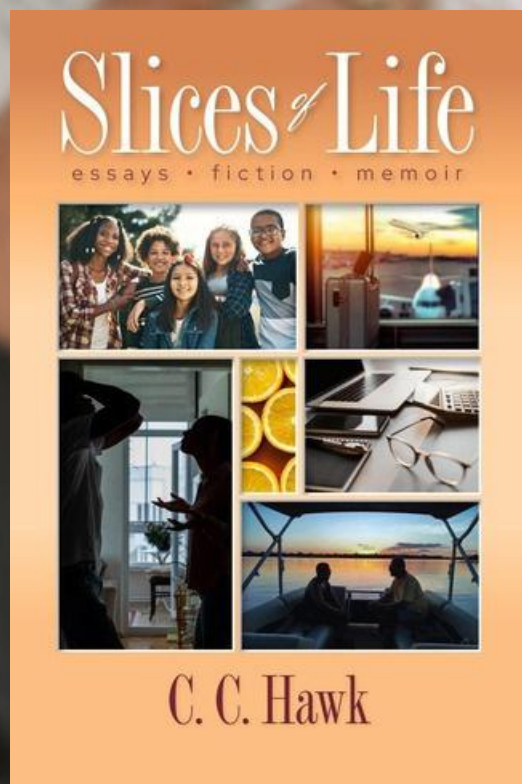
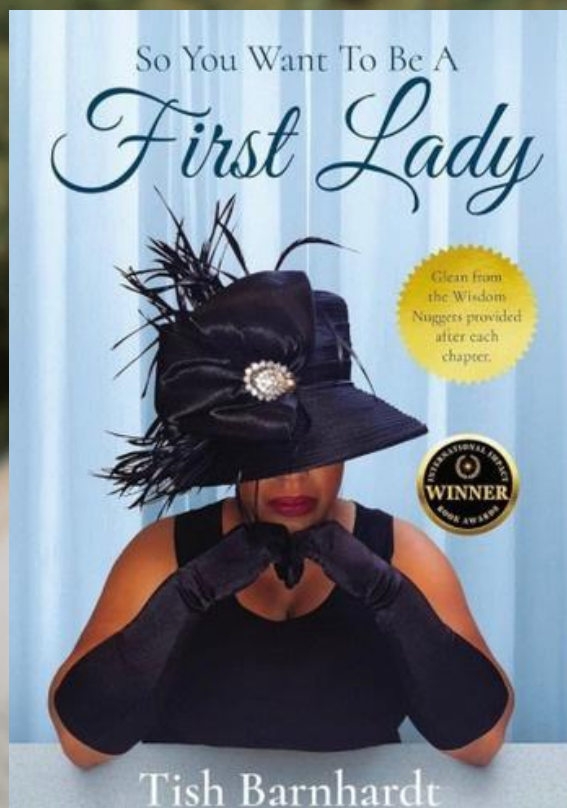
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EDITORIAL REFERENCE

Sources and Fact-Checking Notes

Current sources consulted for the two trend features.

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- International Council for Small Business, Top Ten Trends 2026 for Women Entrepreneurship.

Micheal Jackson

Content advisory: This opinion column discusses allegations of child sexual abuse, childhood trauma, medical treatment, and death.

This essay is an edited opinion column by Omar Tyree. The views and cultural interpretations expressed are the author's and do not necessarily reflect those of BWA Magazine and Publishing, LLC. BWA edited passages concerning legal proceedings, medical matters, and third parties for accuracy, neutrality, clarity, and risk reduction. Michael Jackson denied wrongdoing and was acquitted on all criminal counts in his 2005 trial. References to allegations are not findings of fact. No endorsement by the Estate of Michael Jackson, Sony Music, Lionsgate, Universal Pictures, or any person or company named in this article is implied.

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