

BWWA[®]

JULY 2026

MAGAZINE

FEATURING

Tish

Barnhardt

3X Award-Winning

Author

Transformational

Author Strategist

Founder of Unmute

Your Story

**AUTHOR
SPOTLIGHTS**

Articles
Business
Finance
Travel
Recipes &
More!



BLACK WOMEN AUTHORS

TABLE OF CONTENTS

Cover Feature

Tish Barnhardt

Editor's Note

Paulette Henson

Articles

The Work Behind the Dream! - 4

The Money Blueprint - 18

The CEO Mindset - 24

Author Toolkit - 80

By Paulette Henson

Author Spotlights

1. CC Hawk. - 8
2. Corlice Burns - 30
3. Doris LaVonne - 66
4. Dr. Princess Millens - 20
5. Dr. Robin Gethers. - 10
6. Elaine Perkins- 31
7. Elyce Lewis - 64
8. Lekecia Fordham - 70
9. Linda Drattel - 16
10. Louise Crudup - 15
11. Maureen Whitset - 27
12. Raquel G. - 12
13. Sherrie Hamilton -22
14. Tamara Shinn - 26
15. Tiffany Thurmon - 7
16. Valerie Staton - 3

1. Dr. Columbus Batiste -
2. D. Robert Robinson - 42
3. James Q. King - 48
4. Omar Tyree - 34

Travel 71

Rediscovering Love in Bali, Indonesia

Poetry. 28, 33,38,43 69

Recipes 10

Author Resources 82


\True Voice Review
Unmuteyourstory Author Academy
Authorpreneurship 101

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55



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

Celebrating New Voices, New Beginnings, and Global Impact

By Paulette Henson, Founder & Editor-in-Chief

Editor's Note



Welcome to the July 2026 edition of BWA Magazine

Each new issue reminds me why I started this platform—to amplify voices, celebrate stories, and create opportunities for authors to be seen, heard, and discovered around the world. This month is especially meaningful because it represents growth, courage, and the beginning of new chapters for so many remarkable writers.

Our July cover proudly features **Tish Barnhardt, 3x award-winning author**, an inspiring leader whose passion for helping others find their voice has transformed the lives of aspiring authors. Through her Unmute Your Story Academy, she has encouraged individuals to move beyond fear, embrace their experiences, and take the courageous step of becoming published authors.

I extend my heartfelt congratulations to every graduate of the **Unmute Your Story cohort**. Completing a book is no small accomplishment. It requires discipline, vulnerability, perseverance, and faith. Your willingness to share your story is a gift that has the power to educate, encourage, and inspire readers for generations to come. Welcome to the incredible community of published authors.

This edition also marks an exciting milestone for BWA Magazine & Publishing as we introduce our newest strategic partnership with True Voice Reviews. Together, we are expanding the resources available to authors by offering professional, independent book reviews that help strengthen credibility, increase visibility, and provide valuable marketing assets. We believe every author deserves the opportunity to present their work with confidence, and this collaboration is another step toward fulfilling that mission.

A handwritten signature in brown ink that reads "Paulette Henson". The script is elegant and cursive.

Paulette Henson, MBA
Editor-in-Chief

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

BWA® Magazine

THE WORK BEHIND THE DREAM!

PAULETTE HENSON

Welcome to The Work Behind the Dream, a new monthly column where I share lessons from entrepreneurship, publishing, leadership, and life. As authors and business owners, we often focus on the dream—the published book, the successful business, the sold-out event, or the next milestone. But what truly determines success is the work we do when no one is watching. Each month, we'll explore the habits, challenges, and mindset shifts that help us move from dreaming to doing.



For the inaugural column, I want to talk about a lesson I've learned repeatedly while building BWA Magazine: Consistency Beats Motivation.

As we enter the second half of the year, many of us find ourselves reflecting on the goals we set in January. We started with excitement, enthusiasm, and enough motivation to fuel a dozen projects. Yet somewhere between life's responsibilities, unexpected challenges, and daily demands, that motivation may have faded. The truth is, motivation is a wonderful starting point, but it is a terrible long-term strategy.

Motivation is temporary. Discipline is sustainable.

Whether you're writing a book, building a business, launching a ministry, creating content, or pursuing a personal goal, success rarely comes from those moments when you feel inspired. Success is built during the ordinary days—the days when you don't feel like doing the work but choose to do it anyway.

One of the greatest lessons I've learned as an entrepreneur, author, and publisher is that consistency will take you farther than motivation ever will

Many people wait until they "feel ready" to begin. They wait for the perfect opportunity, the perfect timing, or the perfect mindset. But the reality is that progress happens when we move forward despite our doubts, fears, and uncertainties.

Small daily actions create big results.

Authors don't finish books in a weekend. They finish books one page at a time—one chapter at a time, one writing session at a time.

THE SACRIFICE NO ONE TALKS ABOUT!

The learning never really stops.

And honestly...

It shouldn't.

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

Every new tool has the potential to save time.

Every automation has the potential to eliminate repetitive work.

Every new skill becomes another investment in your future.

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

The goal is to work smarter.

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

There are days when exhaustion sets in.

Days when the to-do list feels impossible.

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

Those are the days that test your commitment.

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

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

Success isn't measured by how busy you are.

It's measured by the impact you create.

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

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

Smile.

You'll know the truth.

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

Keep building.

Keep learning.

Keep believing.

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

— Paulette Henson, MBA

Founder & Editor-in-Chief

BWA Magazine & Publishing, LLC



The Work Behind the Dream – Part 2

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

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

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

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

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

Building a business isn't simply about making money.

It's about building something that will outlive you.

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

Sometimes that meant researching marketing strategies.

Sometimes it meant redesigning a website.

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







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.



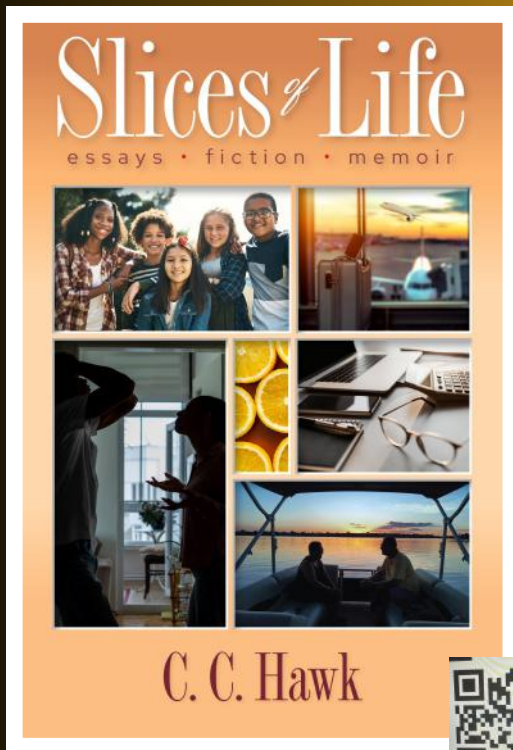


AUTHOR SPOTLIGHT

CC HAWK

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

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

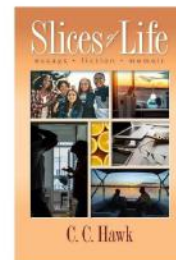


CC is a member of Alpha Kappa Alpha Sorority Incorporated and has always been active in her community and church where she served as a Deacon.

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

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

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



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

Purchase Here
<https://buff.ly/fabKHpR>

Contact Information

xFacebook: CC Hawk Writes

Instagram: cchawkwrites

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

A professional portrait of Dr. Robin Gethers, a woman with dark, wavy hair, wearing a white blazer, a multi-strand pearl necklace, and gold earrings. She is smiling slightly and looking towards the camera. The background is a soft, out-of-focus blue and white.

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

RAQUEL G.

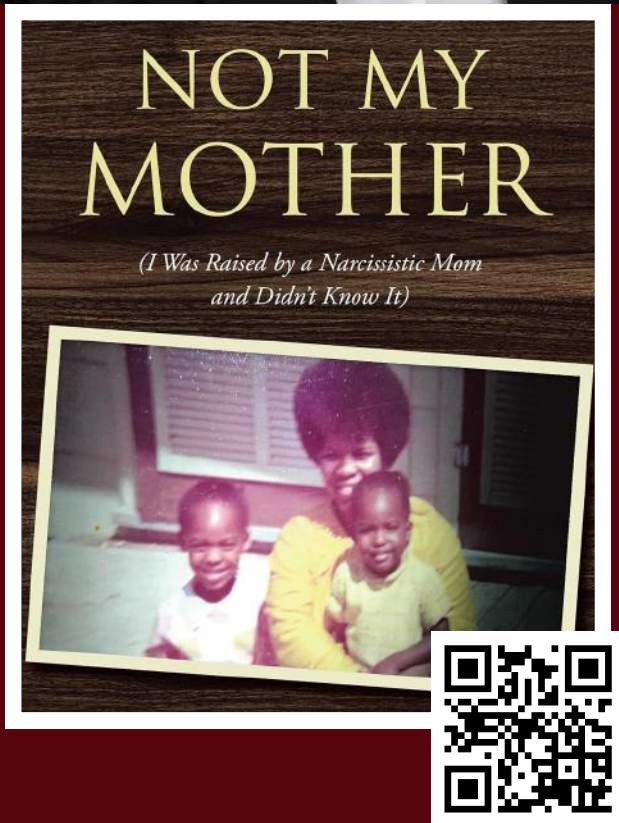
Biography



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.



Raquels Book

THIS IS NOT MY MOTHER!

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

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



www.reallygreatsite.com

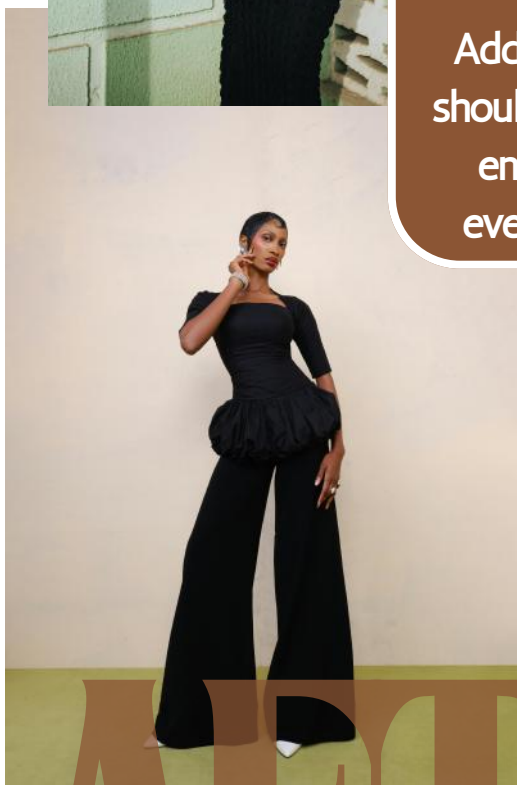
Raquel G. 13

AUTHOR

FASHION



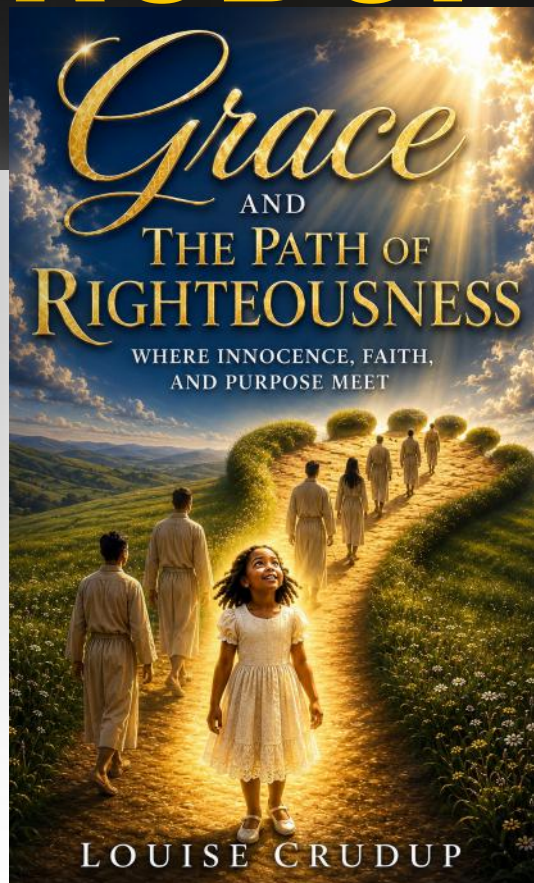
Let's Bring Sexy Back!
Adding "Off the shoulder" look will enhance any evening outfit!



AFTER 5

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 Drattel: Finding Joy, Imagination, and Inspiration Poetry Through Storytelling.

Some connections in the literary world become lasting friendships, and my connection with author Linda Drattel 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 heart. 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.

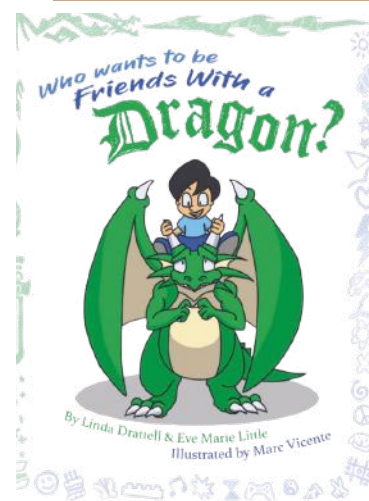
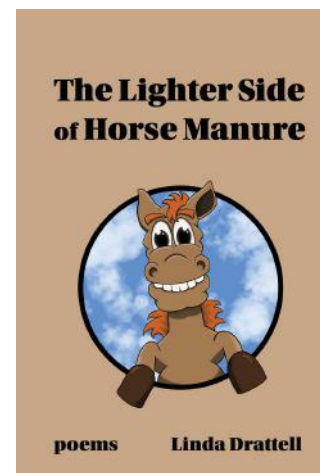
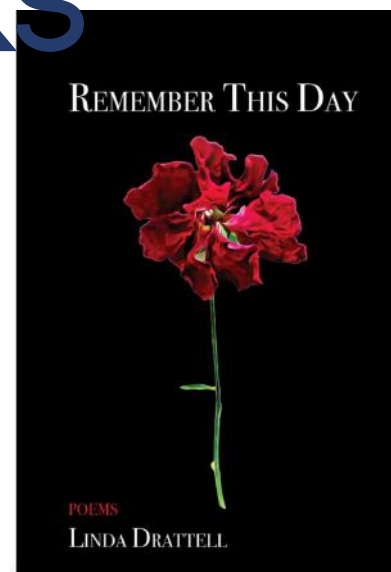
Now, Linda is preparing for the release of her newest novel, The Peccadilloes of Filamena Phipps

This highly anticipated novel promises to introduce readers to unforgettable characters, engaging storytelling, and the 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



THE MONEY BLUE-PRINT: FIVE FINANCIAL HABITS

EVERY ENTREPRENEUR NEEDS

PAULETTE HENSON



The Importance of Protecting Your Peace While Building Your Purpose

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

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

1. Separate Business and Personal Finances

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

2. Pay Yourself Intentionally

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

3. Build an Emergency Business Fund

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

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

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

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

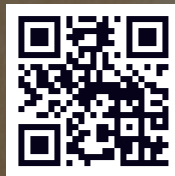


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JEWELRY



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AUTHOR SPOTLIGHT

DR. PRINCESS MILLENS



About

PRINCESS MILLENS, EDS, PHD



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



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

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

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

A portrait of Sherrie Hamilton, a Black woman with short, dark, curly hair, smiling warmly. She is wearing a light yellow blazer over a matching ruffled blouse. The background is dark with gold-colored decorative elements.

AUTHOR SPOTLIGHT

Sherrie Hamilton

Synopsis

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

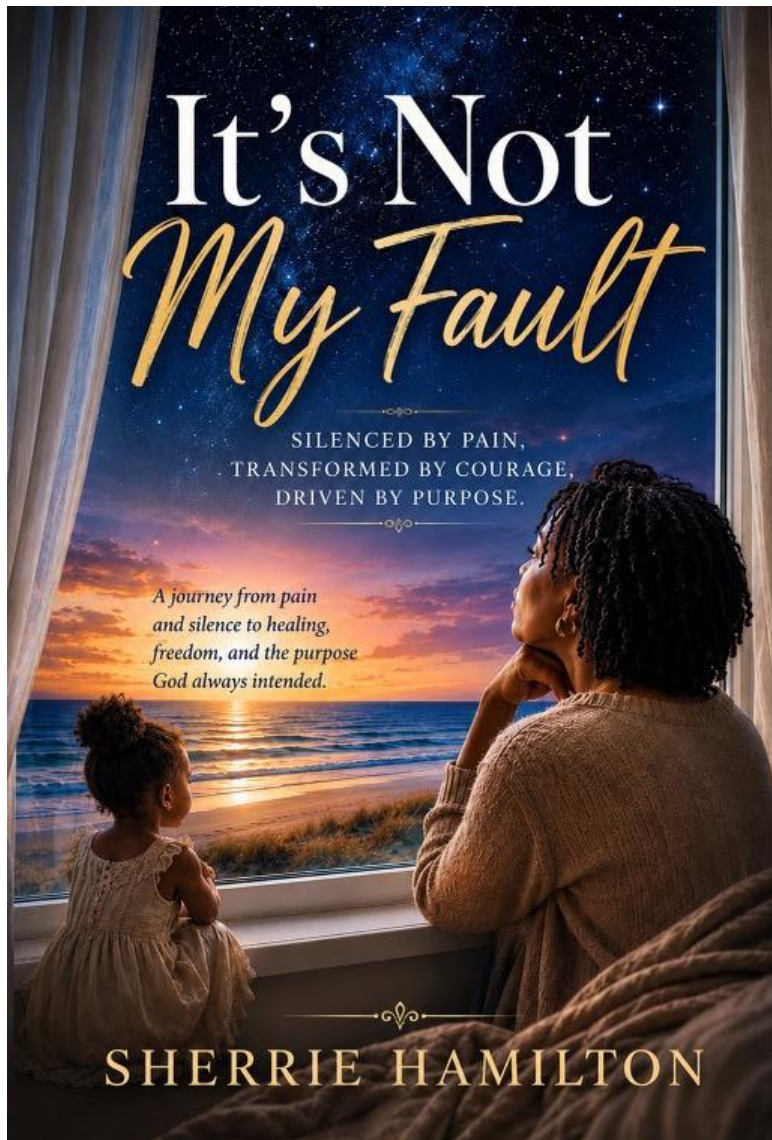
From an early age, Lena carried burdens no child should ever have to bear, living beneath the weight of shame, fear, and hidden trauma while believing her truth was too painful to be spoken aloud. What she endured could have broken her, but instead it became the beginning of a testimony that would one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

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

It's Not My Fault is a declaration of freedom, faith, and the transforming power of God's grace. Honest, uplifting, and deeply inspiring, Lena's journey is a testimony of breaking generational silence, overcoming shame, and finding purpose through pain. This is the kind of story that grips the heart, awakens hope, and leaves a lasting reminder that through God's grace, even the deepest wounds can be transformed into healing, purpose, and a calling to touch lives through her story. 22

About The Author

SHERRIE HAMILTON



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

Somehow...she made it.

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

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

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

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



Let's Go!

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



Streamlining

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

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

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



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

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

Bwamagazine.com

Top Strategies for Scaling Your Small Business in 2026



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

Remember:

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

Business Success Tip

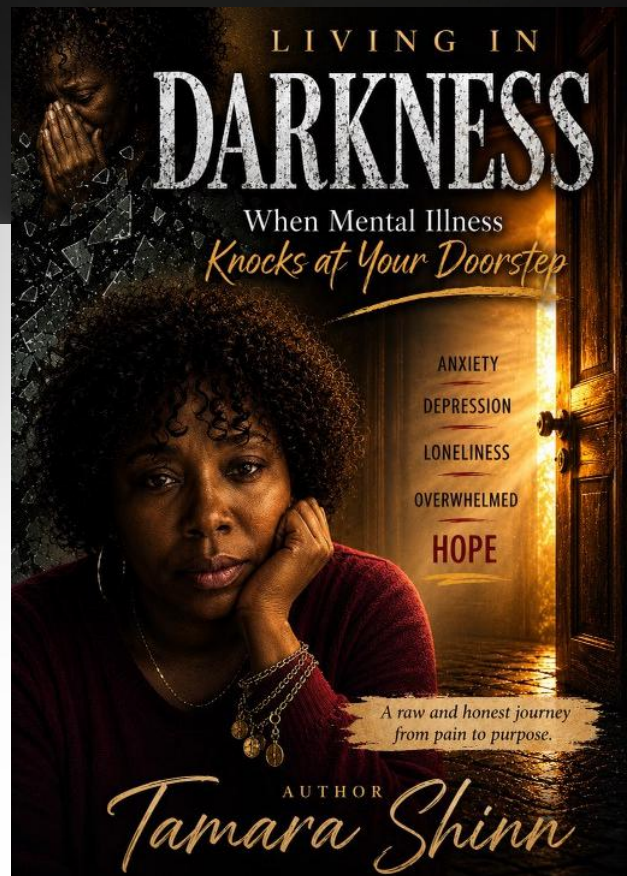
Ask yourself every Friday:

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

Begin creating systems around those tasks.

AUTHOR SPOTLIGHT

TAMARA SHINN



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

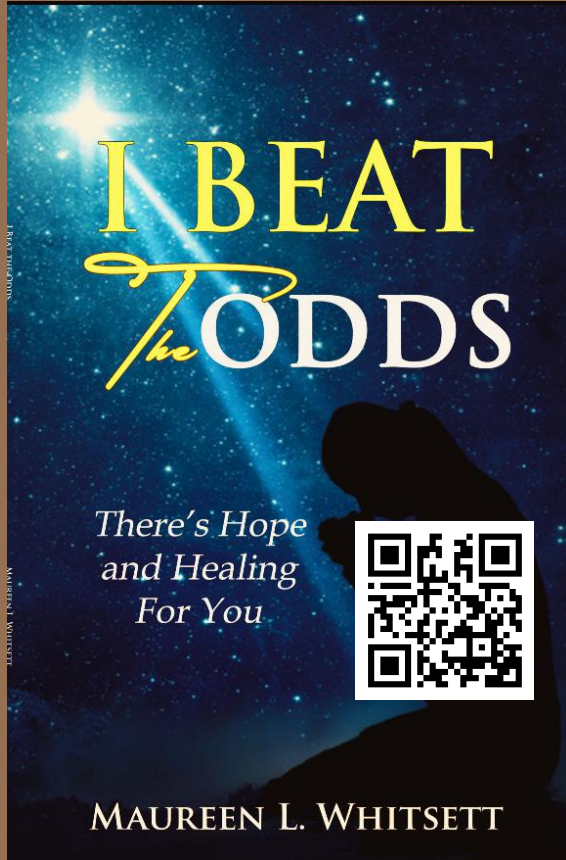
Her upcoming memoir, *Living in Darkness: When Mental Illness Knocks at Your Doorstep*, shares a powerful journey through love, betrayal, confusion, unwavering faith, and survival. Through her story, Tamara offers encouragement to women who may feel unseen, overwhelmed, or alone, reminding them that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

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





AUTHOR SPOTLIGHT



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

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

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



MAUREEN L. WHITSETT

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


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




Poetry is Life!



The Seed Within By Paulette Henson



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



New York Times and *USA Today* Bestselling Author

SHANORA WILLIAMS

THE
WIFE
BEFORE



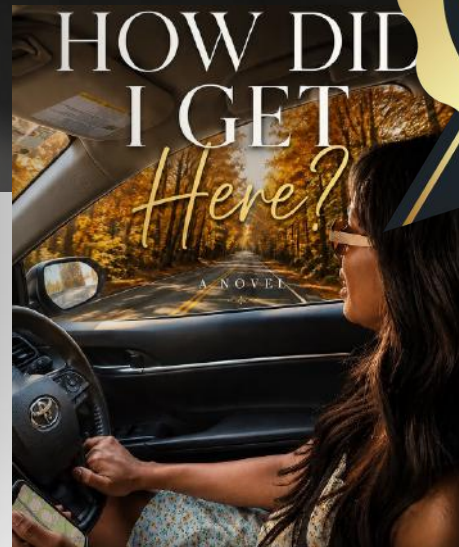
"A shocking, sensual thriller with sharp twists."

—TARRYN FISHER,

New York Times bestselling author of *The Wives*

AUTHOR SPOTLIGHT

CORLICE BURNS



Introduction:

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

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

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



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

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

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

AUTHOR SPOTLIGHT

ELAINE PERKINS

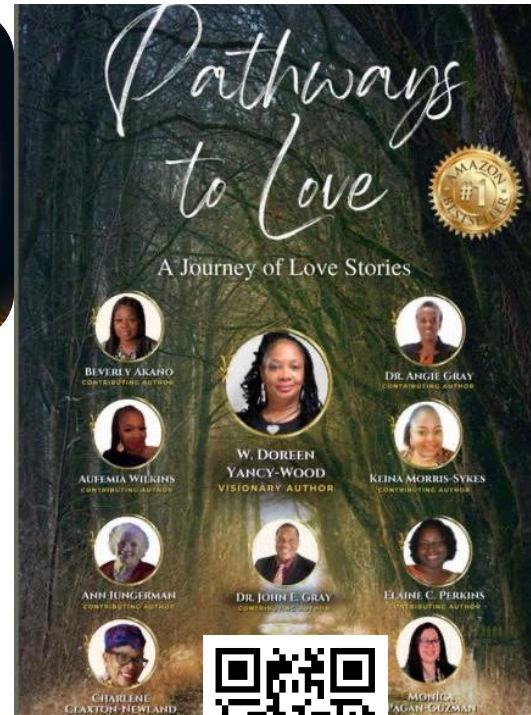


Elaine C. Perkins is a dedicated educator and passionate advocate for lifelong learning, with a career spanning more than 30 years in the New York City Department of Education. Raised in Brooklyn's District 13, she began her journey serving the very community that shaped her, impacting thousands of students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

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

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

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



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

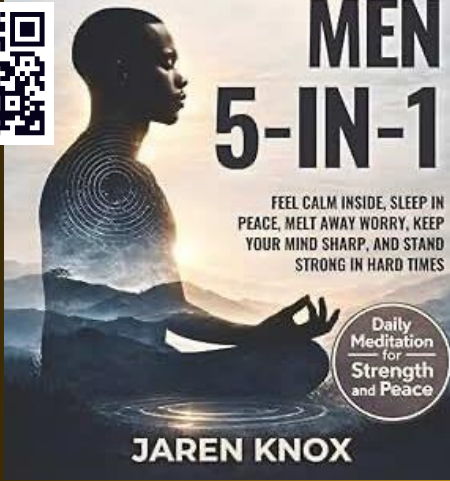
AFFIRMATIONS FOR BLACK MEN



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

DABERECHI N

MEDITATIONS FOR BLACK MEN 5-IN-1



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

Daily Meditation for Strength and Peace

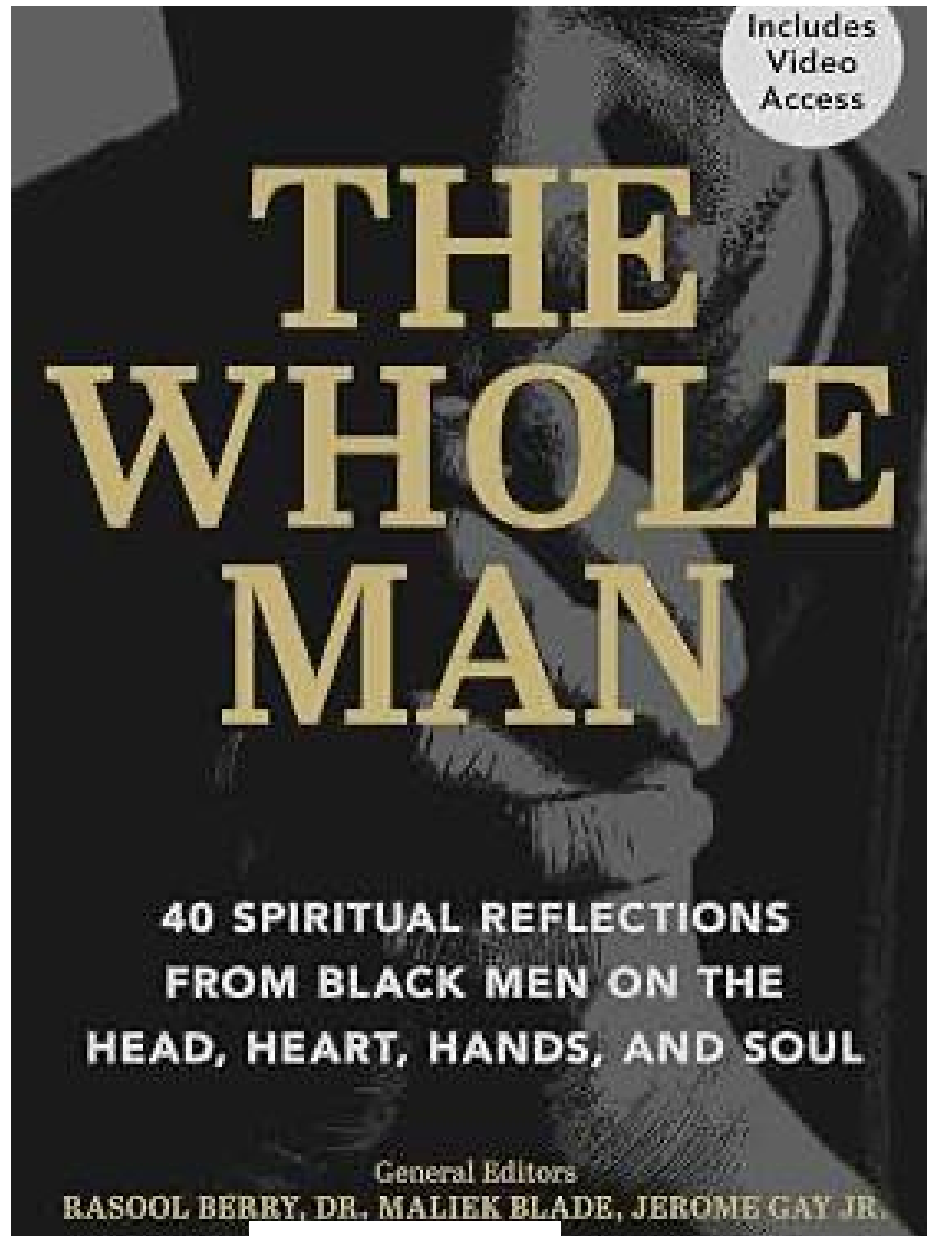
JAREN KNOX

TY NESHA



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

BLACK MEN AUTHORS



Includes Video Access

THE WHOLE MAN

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

General Editors

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



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

By Omar Tyree



“THE GOLIATH OF SOCIAL MEDIA”

I remember the social media shift starting for me in 2006. At that time, Facebook was the new kid on the block that everyone was talking about, and it was grown folks talking. But I was never one to go out of my way on the idea of being “social.” My personality is more about talking to people when I have something to say. And when I need to talk to you... I’ll talk.

Well, in 2006, I was not yet sold on the social media gadgets or what to do with them. So, I had my Uncle Joseph McLaurin back home in West Philadelphia running my Facebook page. In fact, he was the one who set the whole thing up for me, including my business web site and a long email list. As a technology guy working at the Ivy League University of Pennsylvania, Uncle Joe understood a lot more about the online technology world than I did, and he still does. I just wanted to sell my books and stay in touch with the readers for when I needed to announce something.



The Black Man’s Perspective

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 started harassing me about being their “Friends” on Facebook, I had no idea what they were talking about.

I said, “I’ve been your friend for years. And I’m still your friend. That hasn’t changed,”

Then they would tell me, “Well, you didn’t ‘Friend me’ on Facebook.”

“Friend you on Facebook? What?”

I was totally at a loss on the concept. So, they had to explain it to me.

“Yeah, you didn’t accept my ‘Friend request’ for us to be connected on Facebook.”

“Friend request? What?”

“Omar, you really need to get hip. Facebook has ‘Friends’ and you have to accept them all in order to share messages and pictures and stuff. How could you have a page and not know that?”

Because my uncle was running my page, and he didn’t know who was my “Friend” and who wasn’t. So, I took over the page and started accepting Friends, responding and posting things on Facebook myself. And with my popularity in 2006 as a nationally known author, my 5,000 Facebook Friend limit filled up pretty quickly, where we had to open up a “Fan Page” for more.

Then I had people who started sending me Instant Messages, or IMs, that popped right up on my computer screen while answering emails. And it was pretty cool at first.

“Hey, look at this new technology. We’re in The Jetsons and Star Trek age now.”

But then the IMs got distracting real fast.

“Hey, Omar, what are you doing? What are you working on? When’s your next big event? When’s the next time you’re coming down to Florida? I always wanted to write books like you. How do you do it? What’s your formula? Do you ever get writer’s block?”

Numbers in the thousands, the ten thousands, the hundred thousands, and eventually millions. And instead of calling people “Friends” like Facebook, Twitter called them “Followers.”

That’s when you started hearing about people “buying Followers.”

And I asked the question, “Why would you buy a Follower?”

Apparently, the more “Followers” you had, the more “social” you could become. But so what? We’re bragging about how many different people we know now? I didn’t see the point. Until people started talking about social influence and marketing. The more people you know, the more people you can spread the word to. And that part got my attention.

In fact, the “social capital” concept got everyone’s attention. And the more that people followed you, the more people wanted to. You know, it’s the copycat syndrome, where you ask yourself, “If everyone else is following, then what’s my problem?”

The next thing I knew, we were all racing to collect more Followers as some new form of social status. And we were being pushy about it, too. “Follow me! Follow me! Follow me! Make sure you Follow me! Did you Follow me yet? When are you gonna Follow me?”

It got ridiculous. I even had tech savvy friends to buy fake Followers for me, only for the numbers to disappear when they stopped paying for the service. So, I went from 22,000 Followers on a Friday night with payment, and crashed back down to 16,000 without payment on Monday.

That wasn’t that bad of a drop off, but you get the point. A lot of these fake numbers are smoke and mirrors with accounts and Followers who don’t really exist. Then social media got even more serious when Instagram started up with more pictures and videos.

And you could write more in the summary caption instead of being restricted by a certain number of “characters” that Twitter enforced on you. And the race for numbers was on again for Instagram, where pretty girls, popular athletes, musicians, movies stars and comedians all had their advantages.

Everyone still likes to laugh if you’re a trendy comedian with jokes and acting skits. Movie stars are still movies stars, especially when they have new movies or shows coming out.

They will always have the attention of the mainstream media who are in bed with the Hollywood machine that pays them all.

Black musicians remain the biggest individual stars in the Black community, locally, nationally, and abroad. And that's not going to stop anytime soon, as long as Black people can still sing, rap, dance and play instruments.

Professional athletes are a natural lock to collect fans and Followers as well, just from being on a popular sports team and performing on TV, while being idolized and admired by kids.

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The next thing I knew, we were all racing to collect more Followers as some new form of social status. And we were being pushy about it, too. Mothers, Fathers, other athletes, and the sports media, whose job it is cover these athletes 24-7. In fact, media interviews for professional athletes are MANDATORY.

And we're talking about the prime-time networks of ABC, NBC, CBS, FOX and the worldwide juggernaut of ESPN. Even the streaming networks are getting a piece of the sports actions now with Amazon, Netflix and Paramount. And a lot of these athletes don't even want the attention... until they're ready to pitch something. Then you have the sexual advantage of the pretty, young woman. Yes, I'm saying it, because it's true. When I was an adolescent growing up in Philadelphia, sometimes my young buddies and I would sneak peek at the Penthouse, Hustler, and Playboy magazines inside the local drug stores for that masculine rise.

And every man reading this article can relate. Now young men can look up the pretty Instagram girls in swimsuits on their private cell phones for the same feeling. It's a biological FACT for young men.

We are WIRED to be attracted to the naked skin and cures of a woman, so that our "family jewels" can react accordingly to produce children for the continuation of the humanity race. PERIOD! End of story! No argument! Otherwise... every young man alive would need Viagra. And these coy, young women know this. So now, we have dozens of them wearing swimsuits all over social media, summer, winter, spring and fall, who know exactly what they're doing.

Why else would a girl post nothing but swimsuit pictures for 100 straight days, while turning off her comments for no engagement? Because she doesn't want they're engagements or DMs, while trying to pick her up with their freaky or desperate fantasies. She just wants their Follower numbers. Plain and simple. And she can use those numbers however she wants to.

But would that work for a man? Can an attractive man post himself in different sexy outfits every day and expect the same daily output as a pretty girl in a swimsuit? He can surely try, but I doubt if he'll get the same desperate response from women, because women are not as crazy about a man's looks as they about his income. And since most men already know that, we tend not to go overboard with the sexy photo thing like young women.

A young man would be better off modeling a collection of luxury cars, boats and airplanes, if he can afford to fake it. Maybe A-I can create it all in the background and make it look real.

Then someone created the Tik Tok App that features more videos than pictures, and the numbers race was on again. Initially, Tik Tok seemed to be the youngest social media platform and was basically set up for teenagers to sing, dance and laugh for a lively and captivated cell phone audience.

But now it's expanded into a bunch of other stuff for "influencers" with definitive missions. But I can't understand the algorithms. Tell me how I can have more than 7,000 Followers, yet I still get less than 100 views on many of my new posts...

That doesn't make any sense. You mean to tell me that not even 10% of my so-called Followers are willing to watch my new posts? That would be 700 views. And I know the argument. "Well, maybe your posts are just not engaging enough." Okay. Then why Follow me? You know I'm going to be talking about BOOKS. Am I supposed to talk about something else? "Yeah, just be social," whatever that means.

It seems to me as if the crazy people get the most attention. Is that what being "social" is today; transparent, vulnerable, dramatic, and additive? Well, what if I don't want to be any of those things? Those are the characters that I write about in my books. But I don't one to BE one for social media, just for you to be "engaged" with me. Once again, it's all ridiculous.

Maybe the so-called "algorithm" of Tik Tok is holding me back from engaging my 7,000+ Followers because I refuse to BOOST my numbers with my hard-earned family bill money, which Tik Tok strongly suggests for me to do every day. So does Instagram. So does X (Previously known as Twitter). So does Facebook. And so does LinkedIn, which I didn't even talk about yet. BOOSTING is what ALL of these FREE APPS want us to do now to engage with MORE of our so-called Followers.

Ain't that's a trip? But for the people who have figured out the formula, social media has become a new game changer. You just need to learn how to manipulate it, spend more time with it, plan your day around it, never forget about it, and schedule your posts on it like your life depends on it. Then you can figure out HOW to make it do what you need it to do for you.

Valerie Densie Jones, the veteran producer of my new podcast, "The Retro Movement" told me more than five years ago that the number of "Followers" on our social media Apps will become the new capital. And I heard her, but I didn't hear her.

I understood what she was saying more than five years ago, I just didn't care, because I didn't take it seriously enough. You mean to tell me that NUMBERS on my cell phone are going to determine what I can or can't do in life? Really?

But Valerie was absolutely right, more than five years ago. The people who have figured out HOW to create a MILLION or more Followers on social media are the ones who have the new money now.

They are the influencers. The ones that people pay attention to. The ones who land the corporate partnerships and sponsor money. They are the ones who move the needle now. For everything! So... what happens now to the rest of us?

I presently have just 12,000+ Followers on Instagram, 7,000+ on Tik Tok, 15,000+ Friends on 3 Facebook pages combined, 15,000+ on X (Previously known as Twitter), and 15,000, and 500+ connections on LinkedIn, the so-called business channel. I have been active on these Apps for more than twenty years now, and I still haven't figured out the formula for moving my Follower and engagement numbers drastically FORWARD. So... how in the world can I ever even DREAM about reaching a million? How would that happen without PAID MARKETING to tell people that I still EXIST?

Well, that's the formula right there. You have to PAY FOR IT, just like if you were to place an advertisement on your local radio station. They're not playing your promotion for FREE.

Or, what many social media people talk about now is partnering up with someone else who already has the numbers. You know, freeloading. That's what we used to call it back home in Philly. If you didn't have any food in your own house or refrigerator, then you head out of the house to join in with the family picnic down the street, who had plenty of food. And you would laugh and joke and vibe with the family, while sharing their food, chips and drinks for free. I get it. Great plan.

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So, I could interview Snoop Dogg for my new Podcast, The RETRO Movement, and the interview would be so good, engaging, and well executed that 10% of Snoop Dogg's audience would decide to Follow ME in order to keep tabs on my next interview. And with Snoop Dogg having a reported 87 MILLION Followers on Instagram, I would end up with 8.7 MILLION myself. Right? That's the simple mathematical logic of it.

If only it were that easy to call Snoop Dogg up and get him on an interview. But I've checked Snoop Dogg's page, and he barely gets 6,000 likes on his average post. Now, with 87 MILLION Followers, that doesn't make any sense to me either. Let's just think about it. Wouldn't 87 MILLION Followers pretty much break his damn cell phone if they all tried to like something that he did? Even 10% of his Followers at 8.7 MILLION would break MY PHONE. So... what really happens with these RAW NUMBERS if we can't really use them? Who can answer that question?

Honestly, I don't believe my personality could ever reach Snoop Dogg's Follower numbers in three lifetimes. That 87 MILLION feels like 1,000 Goliaths to my 1 little Biblical David. But when I look over at the social media accounts of my hero, Ryan Coogler, the filmmaking writer/director of Black Panther, Creed and Sinners, he doesn't even have a social media page. And his fan page has LESS than 3,000 Followers. Yet... this man Ryan Coogler has now grossed nearly 3 billion dollars WORLDWIDE through his art. That's what you call BANKABLE and SIGNIFICANT. So, maybe there's HOPE for ME without having a MILLION+ Followers.

Then again, all three of Ryan Coogler's blockbuster films have starred the heartthrob actor, Michael B. Jordan, who has 26 million Followers on Instagram. And he's the one the audience is actually watching in the films.

So... maybe I need to partner up with one of these MILLION+ Follower Influencers anyway, while praying to God to help me sell this international American football book, TOUCHDOWN IN BRAZIL like crazy, for the entire 2026 NFL football season and beyond.

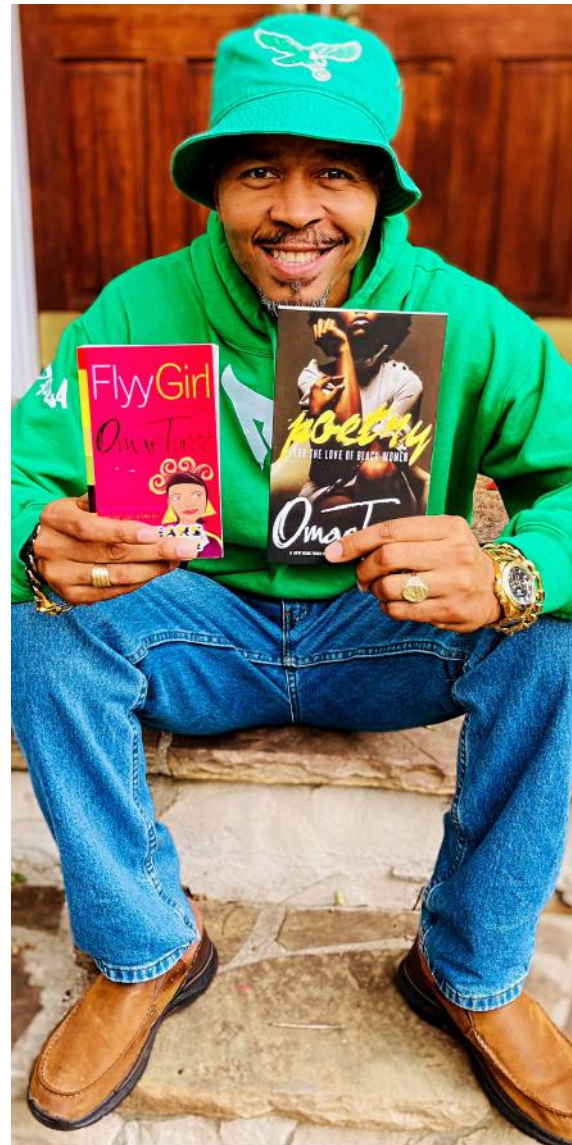


Or maybe my Bad Decisions vertical microfilm will get made. Or maybe the African American media mogul Byron Allen will find me and decide to partner up with his Allen Media Group to expand my audience for “The RETRO Movement” podcast and more.

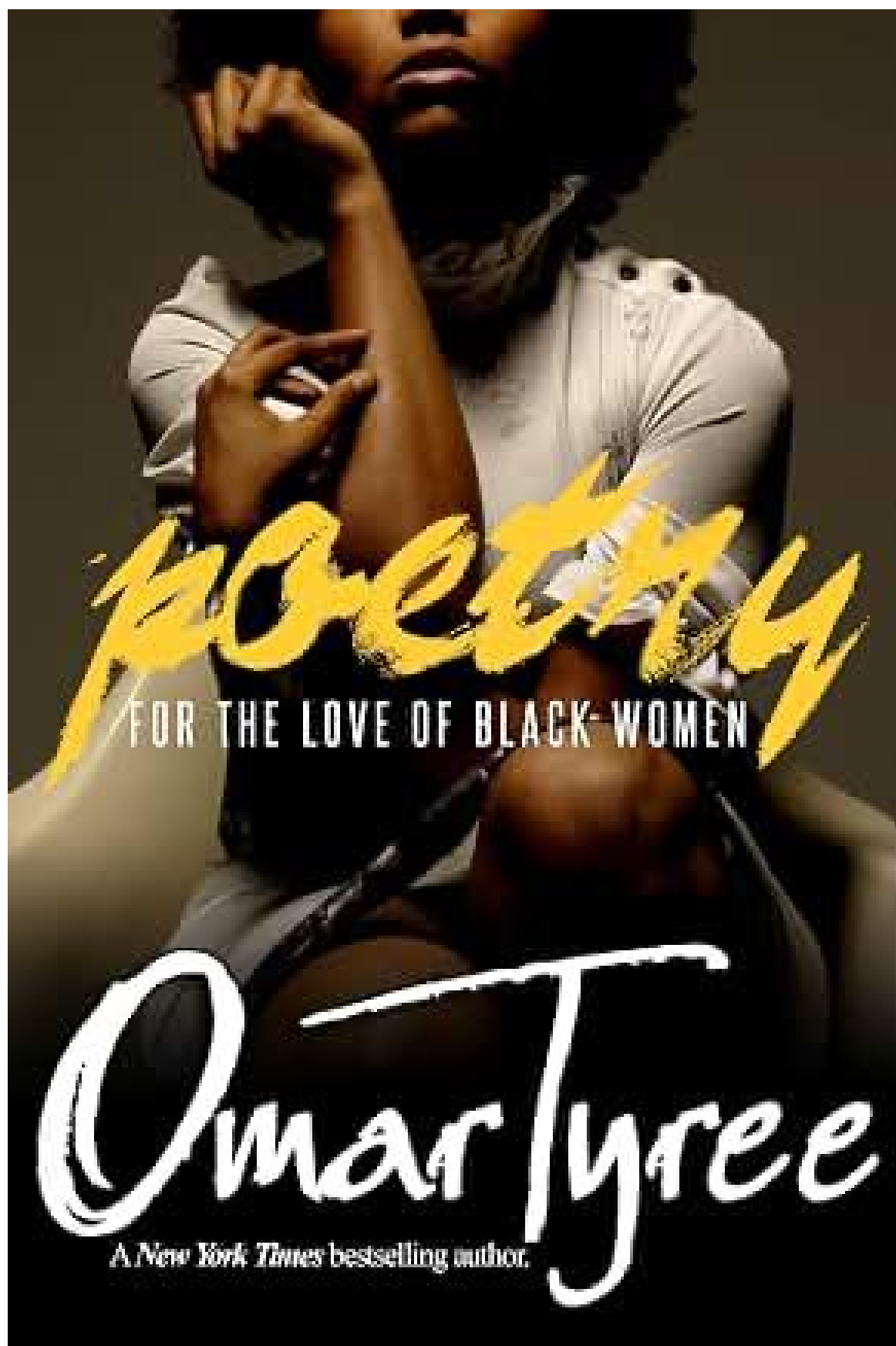
We could even finance my Flyy Girl project and finally produce the long-awaited 1980s film, presently stuck at Lionsgate, who are about to break \$1 BILLION in worldwide sales from the Michael Jackson movie. You see that? I still have plenty of creative and lucrative products to pitch, just like Ryan Coogler does, without a massive social media following. The difference is... he still has Michael B. Jordan, Marvel Comics, Disney, Warner Brothers, Netflix, Hulu and Imax, who all respect him enough to do business with him, despite social media. And they market him the old school way, through his PRODUCTS.

Well, I don't have any of those guys on my side... yet. But there's still time. There are still cell phones to call people on. We still have emails to send out, proposals to write, business meetings to have, and prayers to pray in order to make SOMETHING happen to take down this new GOLIATH named SOCIAL MEDIA that is presently blocking me (smile).

In the meantime, I'll just continue to work, write, interview, network and pray for my own Ryan Coogler model, where I'm somehow able to deal with the real decision makers at the top for strategic MARKETING that WORKS, so we don't have to chance whether or not the WORD goes VIRAL for our next big meal ticket. I would much rather KNOW that we did our best to reach our desired audience than to GUESS about the algorithms of social media.



~ Omar Tyree is a New York Times bestselling author who has published more than 30 books and counting and won an NAACP Image Award for Outstanding Work of Fiction after graduating from Howard University, cum laude, with a degree in Print Journalism from the School of Communications in 1991.





*For the
Love of
Money*

**OMAR
TYREE**

The
Flyy Girl
Sequel

NEW YORK TIMES BESTSELLING AUTHOR

D. Robert Robinson



AUTHOR
SPOTLIGHT

Trains

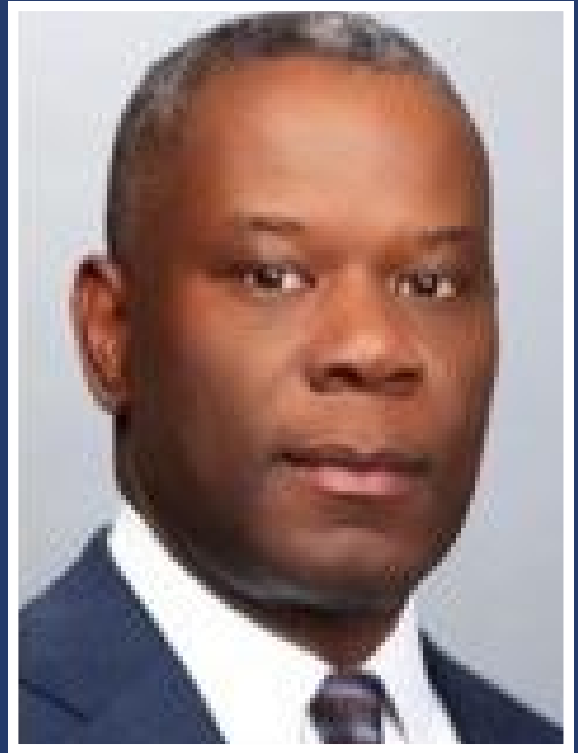
Two trains moving Side by side
One fast The other slow Within our eyes
There's no surprise
You taught And loved me so Before my eyes
You passed me by
So long before I let you go I called your names
Although in vain
To ask your train To slow Cause I had just Began
to grow Into the man You needed to know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

~ D. Robert Robinson ~ 02.05.2025 *

San Francisco, CA

About

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



10
COMMANDMENTS

of

BLACK
ECONOMIC
POWER



DR. BOYCE WATKINS

NEW YORK TIMES BESTSELLER

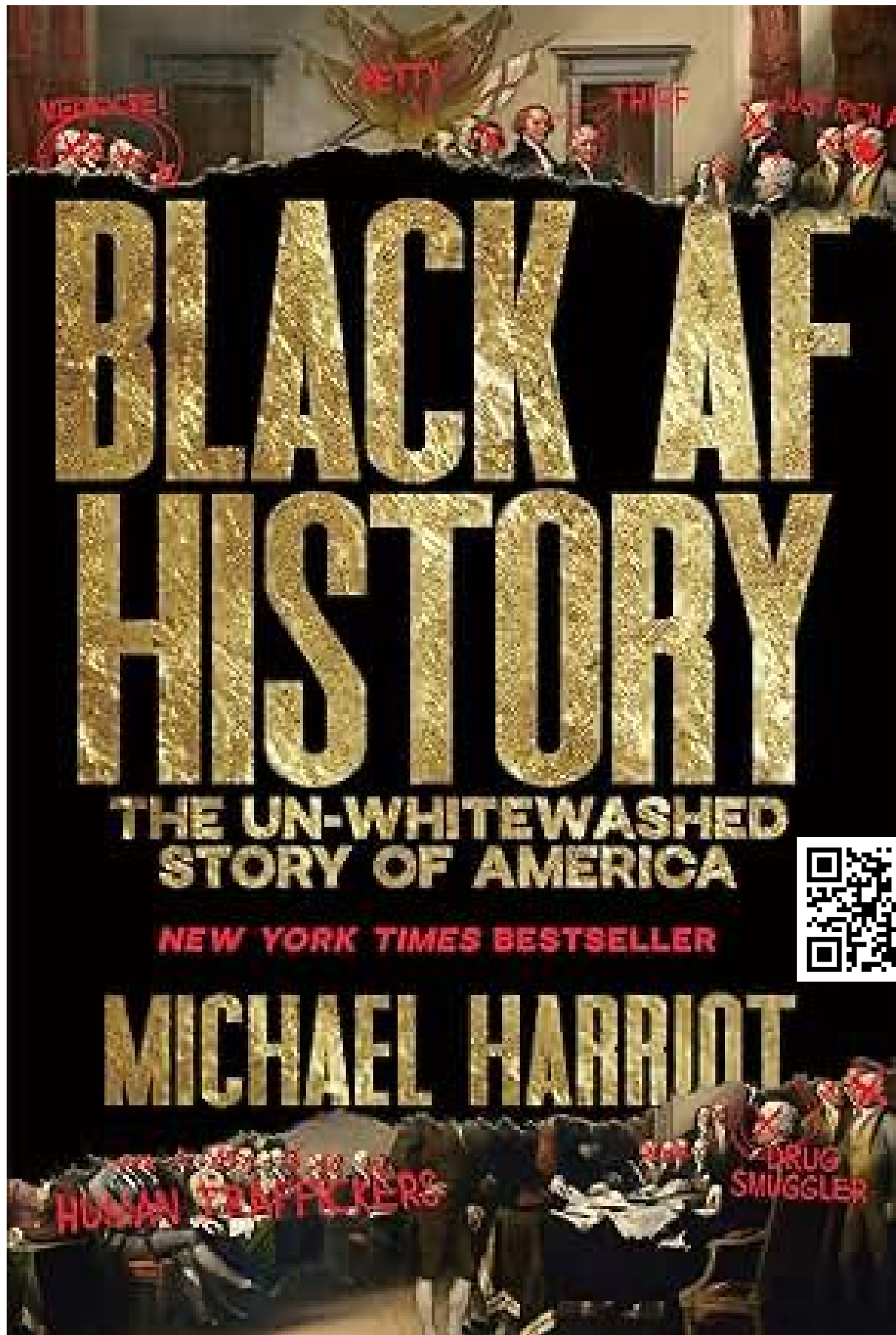
IGNITE YOUR POWER,
YOUR PURPOSE, AND YOUR WHY

YOU OWE YOU

ERIC THOMAS, PhD

FOREWORD BY CHRIS PAUL





A close-up portrait of James Quentin King, an African American man with a grey beard and glasses, wearing a black t-shirt, a black leather jacket, and a camouflage jacket. He is looking slightly to the left of the camera.

**James
Quentin
King**

Author Spotlight

WHO'S
THAT
AUTHOR?



ABOUT

James Q. King

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

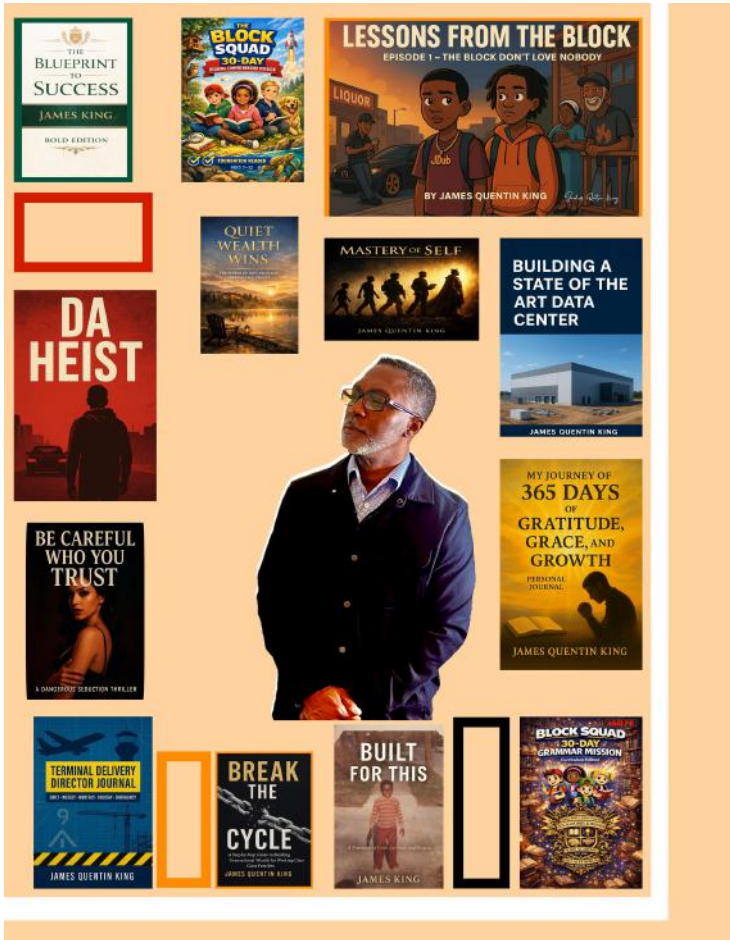
After serving in the military(USN Seabees), James developed a deep understanding of structure, leadership, sacrifice, and mental endurance. Yet some of his greatest battles were internal—facing betrayal, heartbreak, spiritual warfare, and the difficult process of rebuilding himself through faith, purpose,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

ISSAGOODREADBOOKS

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

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

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



ISSAGOODREADBOOKS Kids Academy

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

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

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





About:

LOVE OVER FEAR

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

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

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

LOVE OVER FEAR/Juneteenth Edition



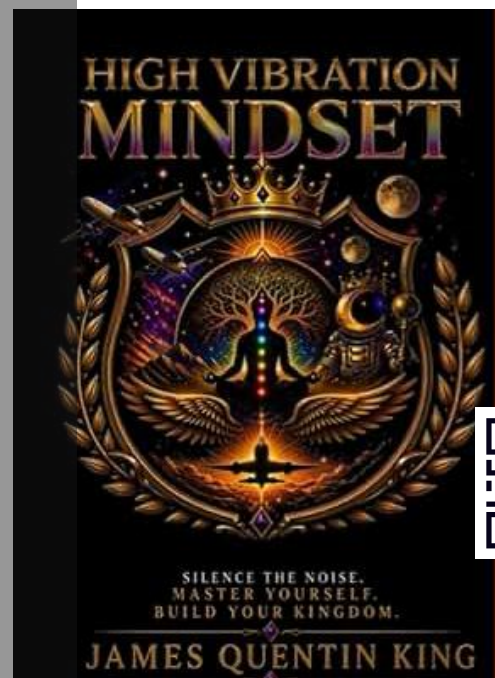
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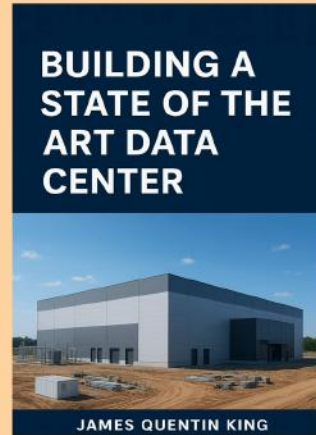
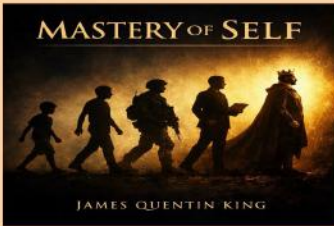
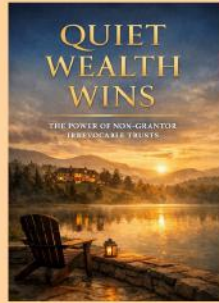
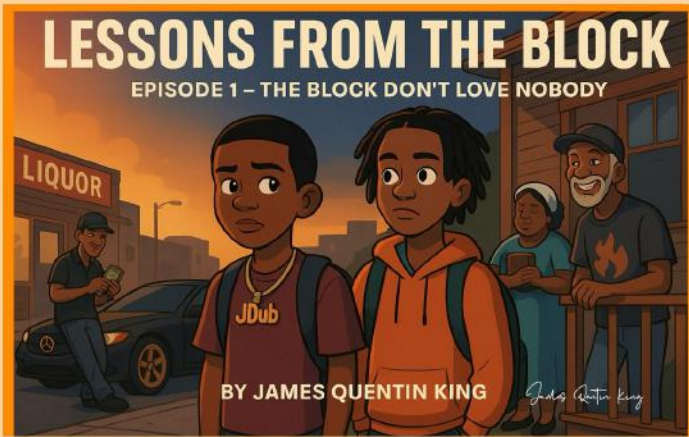
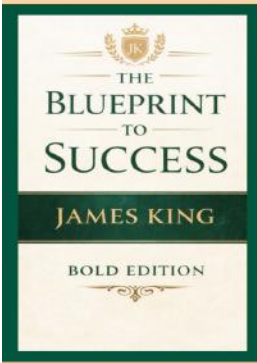
HIGH VIBRATION MINDSET

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

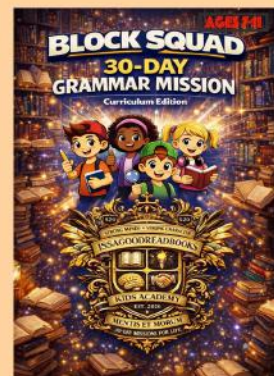
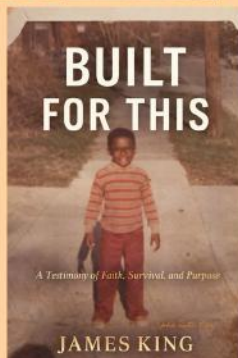
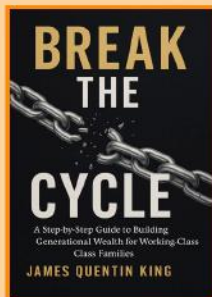
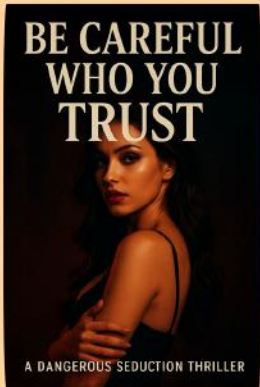
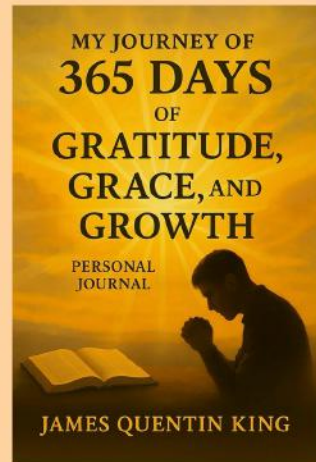
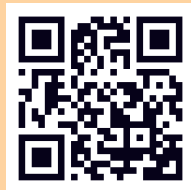
This transformative read explores the power of energy, self-mastery, faith, focus, and protecting your peace in a world designed to drain it. Whether you're rebuilding after heartbreak, battling internal warfare, chasing purpose, or striving to become the highest version of yourself, this book delivers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



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NEW YORK TIMES BESTSELLER

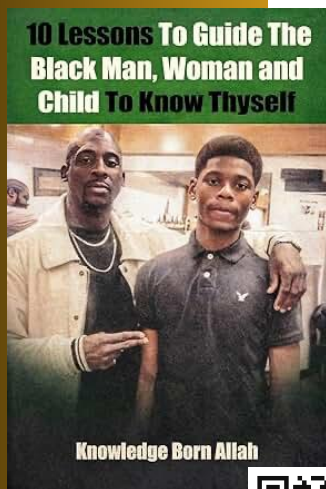
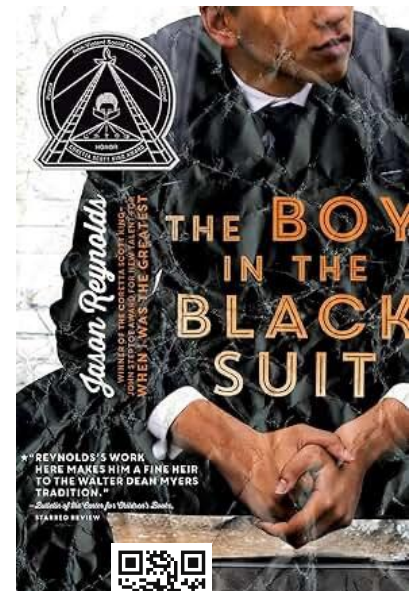
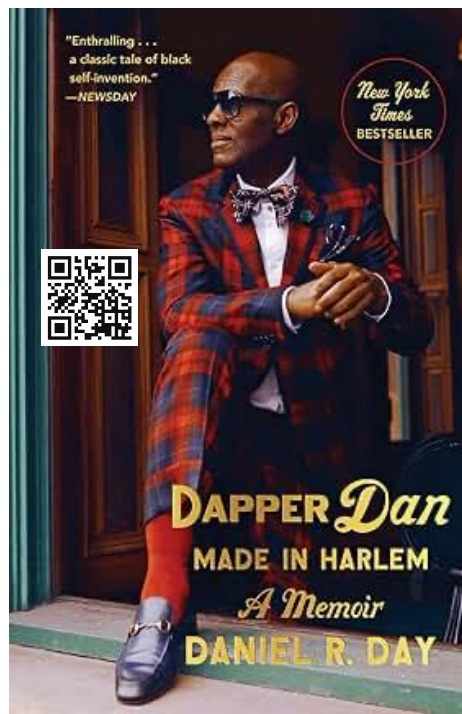
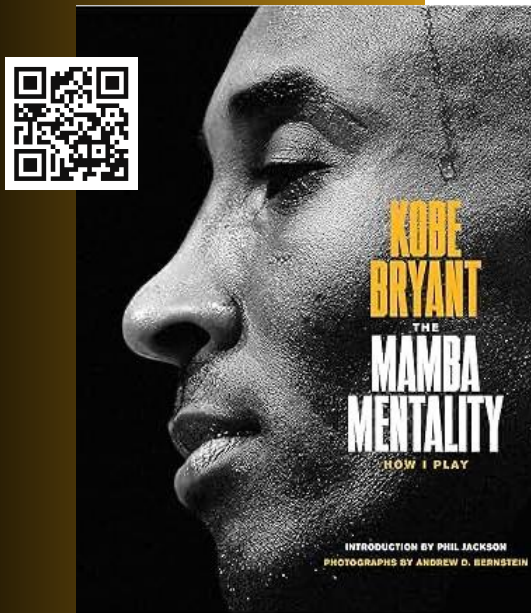
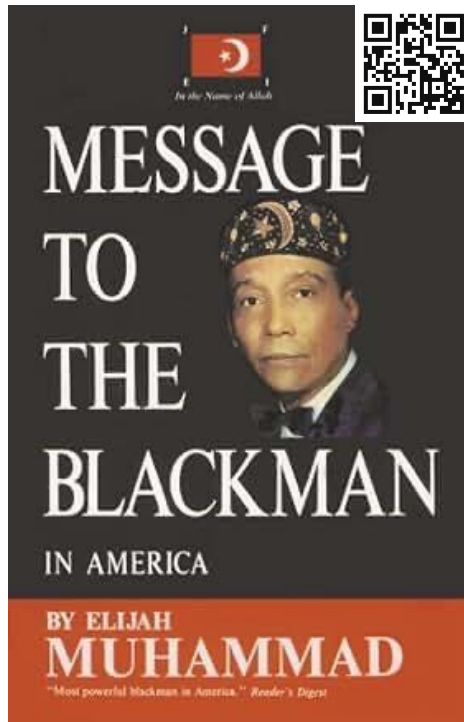
CHARLAMAGNE THA GOD



BLACK PRIVILEGE

Opportunity Comes to Those Who Create It

BLACK MEN AUTHORS



Tish Barnhardt

THE STORY BEHIND THE 3X AWARD-WINNING AUTHOR

*Some accolades recognize achievement.
Others recognize impact.*

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

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

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

Your story is necessary. Write it anyway.



bwamagazine.com/unmuteyourstory

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

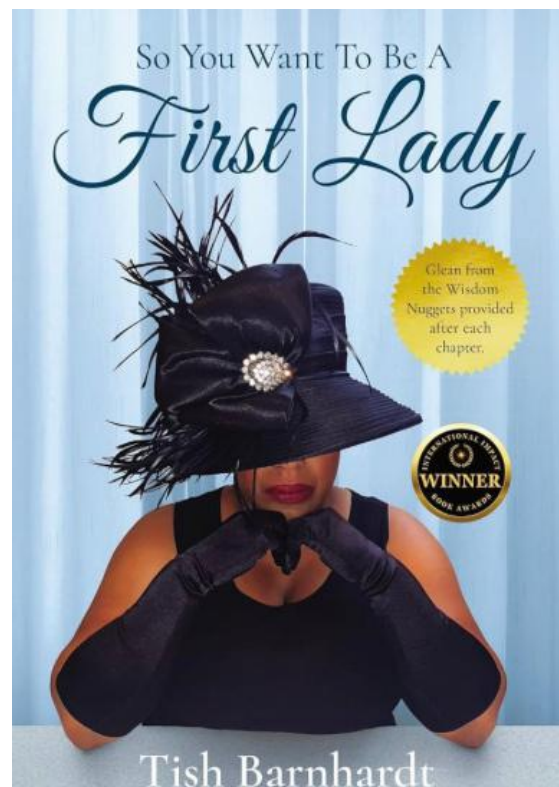
- International Impact Book Award for Female Empowerment, recognizing the influence of her work in inspiring and uplifting women around the world.
- Quill of Inspiration Award, celebrating storytelling that motivates, encourages, and transforms lives.
- Medal of Excellence in Writing, honoring exceptional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

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

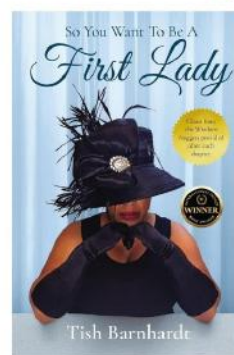
Through her signature Unmute Your Story coaching program, she equips aspiring authors to transform their life experiences into books that leave lasting legacies and create meaningful impact.

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

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



TRUE VOICE REVIEW



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

Purchase Here

<https://buff.ly/T22E6aR>

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.

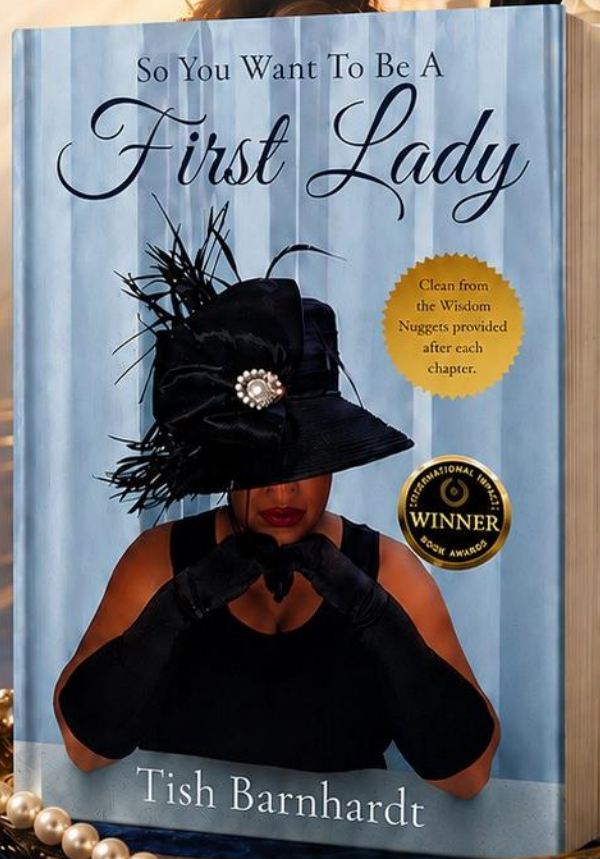
Behind the pulpit is a battlefield most will never see. Behind the smiles are silent tears. Behind the calling is a woman learning to survive the weight of expectation, betrayal, and scrutiny.

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.



AVAILABLE AT



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YOUR COPY TODAY!

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BARNES & NOBLE



ReadersMagnet

Walmart.com

*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.

Meet Our Featured Future Authors

Corlice Burns- Page 30

Louise Crudup -Page 15

Sherrie Hamilton - Page 23

Elyce Lewis - Page. 64

Tamara Shinn - Page 26

Coming Soon... Their stories are just beginning.

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





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.

SO YOU WANT TO BE
A FIRST LADY?
MORNING TEA
WITH THE KING
UNMUTE YOUR STORY



**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.

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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



Tish
Barnhardt
LLC

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
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AUTHOR MONETIZATION
BLUEPRINT SESSION**

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63



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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 for loved ones with chronic illnesses, individuals navigating their own health journeys, and anyone searching for strength during difficult seasons.



NOW ACCEPTING
SUBMISSIONS

PROMOTE YOUR BOOK

GET FEATURED

BLACK WOMEN AUTHORS



BWVA

DR. JERWANDA JOHNSON

AUTHOR SPOTLIGHT

DORIS LAVONNE



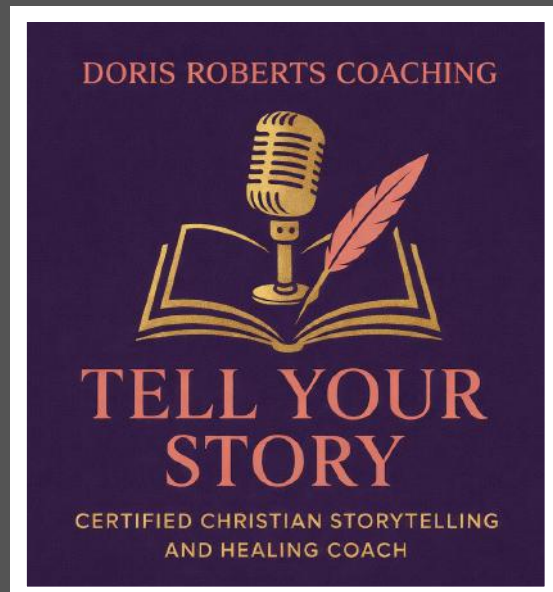
Doris answered God’s call to write her first book, *Somewhere In The Middle... (I Found Me)*, sharing her story with authenticity and transparency. What began as a personal act of obedience became a healing journey that has impacted lives around the world. Just three days after publishing her book, Doris 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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LEGAL PROTECTION SHOULDN'T BE A LUXURY
— IT SHOULD BE A LIFESTYLE.

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Defending your rights with integrity, dedication, and a commitment to justice.

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- ✓ IMMIGRATION LAW

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YOU WOULDN'T SEE A DOCTOR WITHOUT HEALTH COVERAGE.

SO WHY FACE LIFE UNPROTECTED?

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Being

BIGGER

BADDER

BOLDER

BETTER

3 Acts to Redesigning Your Blueprint
& Rewriting Your Life's Script

Terrah Bennett Smith



Keep Writing

By Paulette Henson

Write...

Even when the page feels empty.

Write...

Even when doubt whispers louder than hope.

Write...

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

Dream...

Even when the path is uncertain.

Build...

Even when no one is watching.

Believe...

Even when the results seem delayed.

Your purpose is not measured

By likes,

Followers,

Or applause.

It is measured

By every life your courage will touch.

So keep writing.

Keep creating.

Keep showing up.

Beautiful Lies Vs
The Ugly Truth:
Escaping Bondage And Embracing
Freedom In Truth



Minister Lekecia L. Fordham



NEW RELEASE

DISTROKID



NOW AVAILABLE



LEKECIA FORDHAM

Rediscovering Love in Bali: A Journey Back to Each Other

Adventure Meets Natural Beauty

Life moves quickly.

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

Sometimes love doesn't need fixing.

It simply needs room to breathe.

Bali offers exactly that.

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

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

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

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SUN, SAND & FAMILY FUN



BALI, INDONESIA

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

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



Sometimes changing your scenery changes your perspective.
It's the feeling of finding each other again.

Travel Tip

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

SUMMER GRILLED PEACH & BLUEBERRY SALAD

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

Ingredients

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

Honey Balsamic Dressing

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

Directions

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

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



BANANA NO-BAKE BERRY CHEESECAKE PARFAITS

A light and elegant dessert perfect for July celebrations.

Ingredients

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

Directions

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

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



SOUTHERN BANANA PUDDING

Ingredients

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

Directions

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

Dessert Tip

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







Dr. Columbus Batiste
THE HEALTHY HEART DOC

CARDIOLOGIST | AUTHOR | SPEAKER & CONTRIBUTOR

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

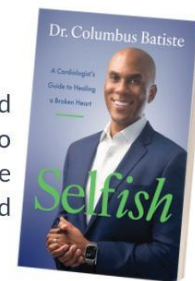


CARDIOLOGIST

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

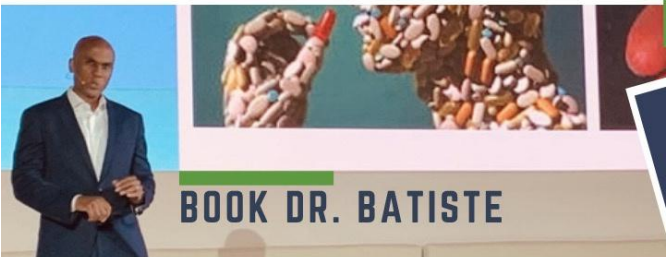
In *SELFISH: A Cardiologist's Guide to Healing a Broken Heart*, Dr. Columbus Batiste provides the ultimate blueprint for coping with the everyday stressors of life that lead to heart disease, anxiety, and depression. Built upon an evidence-based approach to optimal health, *SELFISH* challenges readers 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.

SPEAKING TOPICS



BOOK DR. BATISTE

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)



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

Dr. Columbus Batiste

A Cardiologist's
Guide to Healing
a Broken Heart



Selfish

A LIFE OF OPTIMAL HEALTH

THE DISCOVERY OF SELF WHILE LIVING
WITH AN EATING DISORDER



BY DR. CATOVIA B. RAYNER



**Your Complete
Author Success
Toolkit with BWA
Magazine &
Publishing**

Bwamagazine.com

Publishing your book is only the beginning. Helping readers discover it is where the real journey begins.

At BWA Magazine & Publishing, our mission extends far beyond publication. We provide resources that help authors build their brand, increase visibility, and confidently grow their careers.

Professional Book Reviews

Independent book reviews provide credibility, strengthen marketing efforts, and help readers make informed purchasing decisions. Authors can purchase professional review services that offer thoughtful, objective feedback and promotional value.

Author Coaching

Whether you're outlining your first manuscript or planning your next bestseller, personalized coaching can help you move forward with clarity and confidence.

Author Courses

Our educational programs guide writers through every stage of the publishing journey.

Topics include:

- Developing your book idea
- Writing with confidence
- Building your author platform
- Marketing your book
- Branding yourself as an expert
- Creating long-term publishing success



Author Promotion

BWA Magazine provides promotional opportunities that help authors reach readers through:

- Magazine features
- Author spotlights
- Interviews
- Social media promotion
- Digital marketing
- Global magazine distribution
- Author networking opportunities

Community Matters

Writing can feel like a lonely journey, but it doesn't have to be.

BWA connects authors with a supportive community committed to encouraging creativity, collaboration, and lifelong learning. Your story deserves readers.

Your brand deserves visibility.

And your dreams deserve a plan.

Whether you're just beginning or preparing to launch your next book, BWA Magazine & Publishing is here to help you write, publish, promote, and grow.

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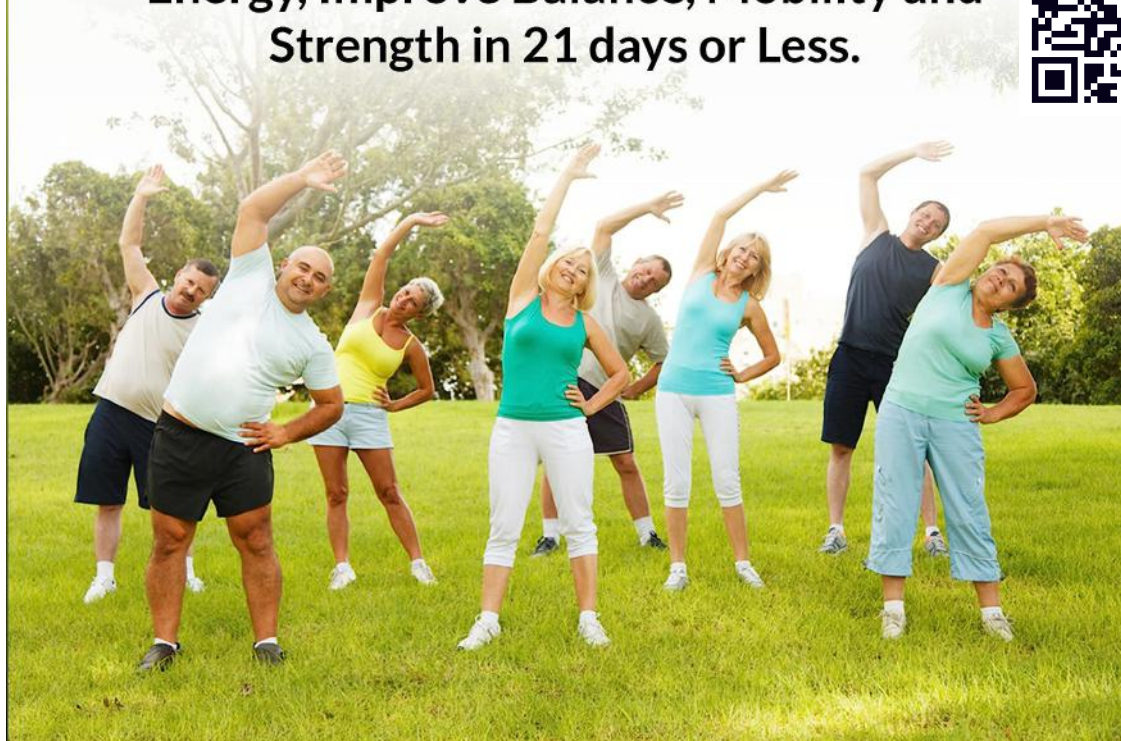
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UNDERSTANDING THE SHIFT

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

Strength Is the New Foundation

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

The Importance of Eating Healthy

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

Key Benefits of Healthy Eating

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

Building a Balanced Plate

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

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



Cardio With Purpose

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

Recovery Is Non-Negotiable

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

Nutrition Matters More Than Ever

Fuel your body with intention:

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

Final Insight

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

the *MISADVENTURES* of
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BLACK GIRL**

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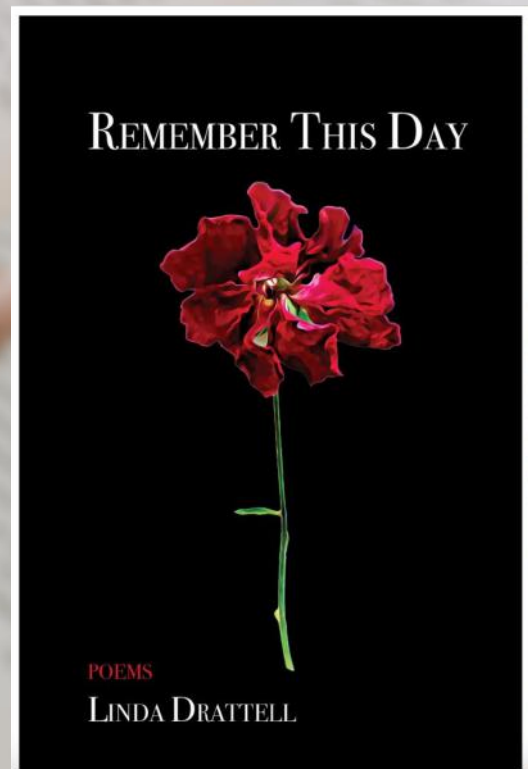
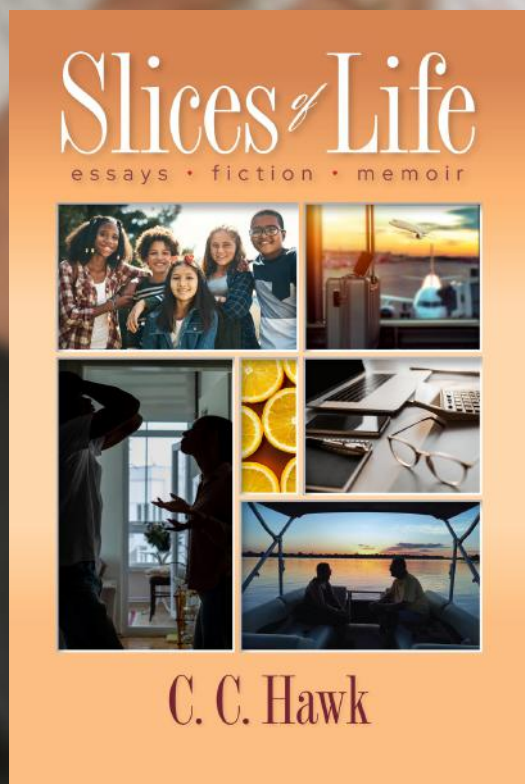
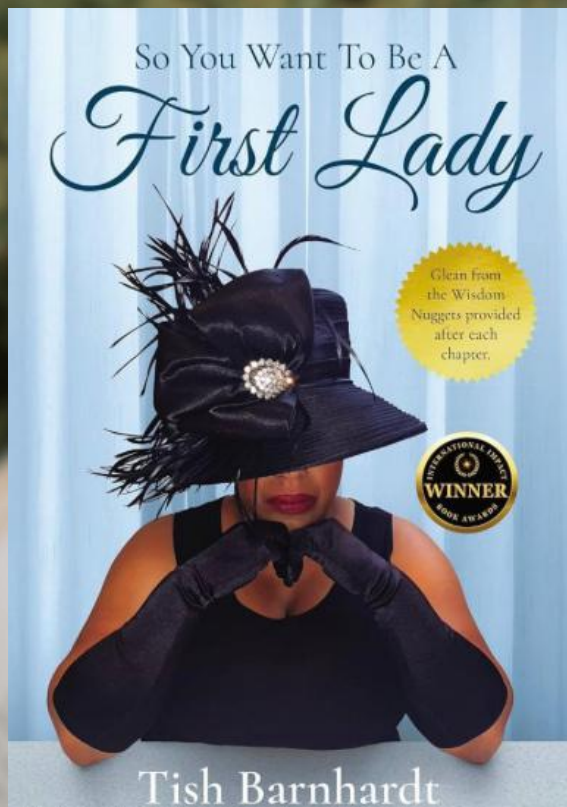
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Valerie Staton

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For Inquiries Email: Paulette@bwamagazine.com



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