



Fall Into Balance September 2021

2021 Bestseller

Showcase

Celebrating our
2021 book launches!

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RHG TV Guide

Enjoy the newly
added programming
Pages 12-16

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Line-Up

for 2021

Page 47

Welcome to our September 2021, Fall into Balance Issue

In this Sept Issue, we are focused on how to Fall into Balance in of our lives. How can we more fully and easily move into and stay in balance in our life, business, relationships, health, and in how we share the gift of who we are and SHINE! We look forward to seeing fall in to balance and SHINE!

This year, our overall theme is love. Our covers will be showing a heart to represent love throughout the year. We hope you will enjoy the covers throughout the year (from our heart to yours) and that they inspire you to find ways to build more love into your life...move loving towards yourself and others. Remember to extend love and grace to yourself and others.

Our empowering columnists and experts provide powerful articles to support you to share the gift of you powerfully out in the world. We hope you enjoy their powerful articles, insights, positive programs, tips, and encouragement.

Listed below, please find some highlights of what you find in this issue we are sharing, celebrating, announcing along with the powerful articles we always share to support you live on purpose and with great purpose:

Make sure to check out the TV Guide information in this issue. This programming guide for the RHG TV Network™ will share a little bit about each channel, their shows, and when to tune it to each channel to see your favorite shows. Our network allows you free access to our shows (both Television and Podcast shows) (both previously released and current new releases can be played on demand) 24 hours a day. We are excited about all the new programs joining us!

We also celebrate that that we were recently recognized and quoted as a Top Professional in major media (ABC, CBS, NBC, and Fox) in the area of Purpose Driven Entrepreneurship! We are truly honored and celebrate this with all of you. We are honored and proud to help people be seen on a global level. If you want to be recognized in major media and expand your reach, make sure to read the details in this section!

We have added more powerful writers and a special expert spotlight/highlight articles to look forward to. Featured experts, leaders, and writers from around the world. We do have a couple more writer coming up.

I'm excited to share with you our 2021 Best Selling Authors. And you can lean in and see the calendar and lean into adding those books that resonate powerfully to your library at our special release for its bestselling campaign....so you can "Save the Dates.")

Enjoy this special issue as we lean in to supporting you to remember to keep mindfulness, purpose, and Drink in the wonderful articles, our powerful shows, their hosts, and make sure to subscribe to our channel.

Remember these powerful quotes to inspire and encourage you as you Fall into Balance even in the face of challenges.

"Life shrinks or expands in proportion to one's courage." —Anais Nin

"If you look at what you have in life, you'll always have more. If you look at what you don't have,

"The power you have is to be the best version of yourself you can be, so you can create a better world."

Remember a key to balance is remembering to take great care of you...make sure to fill yourself up with this, be willing to lean in to who you are. Be willing to share and SHINE in your unique and wonderful way.

Warmly,



ue of our RHG Magazine™!



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bring additional experts and powerful leaders to you! We hope you enjoy getting to know our opportunities open; so reach out to me if you're interested in learning more.

the current list of our upcoming 2021 book launches so you can add the book launch dates to your \$1 introductory rate. (Special pricing of \$1 offered during the first 24-48 hours of a books new

osefulness, and love in your heart and live as you step forward powerfully in all that you do. Our magazine by clicking the information tab and subscribing.

n this challenging times:

“I live I life, you’ll never have enough.” —Oprah Winfrey

“world.” —Ashley Rickards

f up fully so you have more to give, share and serve powerfully with. Especially at times like a wonderful way. Remember, what the world needs, is more of you.

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Achieve Balance with Olympic Style Boundaries

As I write this article focusing on balance, the Summer Olympics are taking place in Japan. I am in awe of these elite athletes' achievements. What was it that they discovered at an early age that gave them the confidence to pursue their Olympic dream? How did they know they had what it takes to rise to the top in any 28 sports or 38 disciplines? I wonder at the super-human drive it must take to push themselves to such heights. How can we mere mortals aspire to feats beyond our physical and mental capacity?

Out of all the hundreds of things we do as busy professional women, wives, mothers, caregivers, and business owners, we have to choose how to balance our priorities. We have to decide what absolutely must get done, what we'd like to check off our list, and what can wait until we get around to it. We achieve balance by setting priorities and boundaries. We have to hold our boundaries firm to maintain balance in our lives.

I'm a very ordinary woman who has never had Olympic dreams. I've never been very athletic as a kid; usually picked last for any sport. I vividly remember in 7th grade making the 7th/8th-grade girl's softball team. But then, our school was so small, and there were fewer than six girls in the 8th-grade. I had an outfield position. Somewhere I could do the least damage as I couldn't catch or throw. Our local priest commented on how he was praying no balls would come my way so that I wouldn't embarrass myself or the team. Getting better at softball was not a goal for me, and I decided early on that it wasn't my sport.

While I am not an athlete, I can understand deciding on a goal and creating an environment to support the outcome you want. For instance, to get more exercise, you may buy comfortable shoes that make daily walks enjoyable. Or, with a focus on eating healthy, deciding to enroll in a cooking class to learn to become adept at giving old favorites a more nutritious tweak. Starting in small ways gives you a chance at big wins later on. Beginning with bite-size, manageable chunks of change also aids you to be consistent in those behavior shifts. You will be less likely to be overwhelmed by sweeping change.

Did you ever want to do something so badly you had to change your whole life around to accomplish it?

Let's take the balance beam, for example. That sport fascinates me. How does she



manage to do all those jumps and flips on something that is only four inches wide? Practice? I'm sure it's much, much more than just practice. It takes hours and hours at the gym to learn the basics and progressing to more complicated maneuvers. It takes discipline, conviction, confidence, pride, persistence, perseverance, determination, guts, and gumption. And those are qualities we all have to have to realize any of our goals.

The question is, what do we do when we fall off our balance beam in our daily life? I recently missed a couple of zoom appointments and was very disappointed in my juggling skills. I had to take a step back and revisit my priorities. I had to address my boundaries and why I wasn't holding firm to them. I had to ask myself was I saying "yes" too often so that I didn't disappoint anyone, or did I honestly believe agreeing to that call was the right thing to do?

Does that sound like familiar territory?

It's that "good girl" syndrome again. Our wanting to be nice and wanting to be fair. However, not at our expense.

After apologizing and rescheduling the missed appointments, I sat down with myself and looked at how I could make an Olympic-minded agreement around priorities and boundaries.

"Balance is not better time management," businesswoman Betsy Jacobson tells us, "but better boundary management. Balance means making choices and enjoying those choices."

I vow to pay close attention to my choices and hold firm my boundaries. I want to enjoy my choices. To do just that, I've come up with a strategy where I give myself permission to check in with me before committing to anything in my life, from an invitation to speak to a fun girlfriend getaway.

Here's how I check in:

I will...

1. Be sure that I have all the specifics when I'm responding to a request.
2. Allow time to assess whether this is a should do, must do, a maybe, or not right now.
3. Examine my current commitments to be sure I'm not overscheduling myself.
4. Have compassion for myself and remember that I can't comply with every request, and sometimes the only answer I can give is no.
5. Review electronic and paper calendars daily to track all my commitments.

Over the years, I've taken course after course and signed up with various coaches to learn writing techniques and best business practices. Despite the level of skill and the variety of tools at the disposal of anyone I sought help from, it came down to what I alone was willing to do to help myself. What was I willing to do to empower me?

I can only imagine the discipline it takes to become an Olympic athlete.

I know what it takes to empower me to have an Olympic mindset and strive for balance in all my choices. I hope I have given you a suggestion to help you find balance and to live a life unleashed.



Mary E. Knippel, best selling author, your writing mentor, and inspirational speaker uses her 30-years experience as a journalist to support you to take pen in hand to unleash your story worth writing. Visit Mary's website at <https://yourwritingmentor.com>.



Step Into Balance to Create the Success You Desire

Stepping into balance is easy when we plan how we will move forward.

Being in balance can mean many things. You may be juggling your life events, with family, work, and fun. Your health may be 'out of balance' and you can't find a happy medium to move forward. Your equilibrium may be off, where you lose your balance and may fall. Maybe your weight fluctuates, and you become frustrated. Our morals and how we treat others are a large part of looking at how it affects our balance. Our beliefs can affect us in many ways that if we change them, we can change our outcomes.

Whichever way your life may be out of balance my suggestion is to look at the situation from another's eyes. Sometimes we focus so much on what the 'challenge' is that we can't see past it and create the balance we desire.

For me, it has been mostly based on my emotional stability. I share my journey of overcoming my mental illness symptoms and that I am now medication-free. This didn't happen so easily. I first had to acknowledge what the situation was and why I was so out of balance. It turned out it was due to my relationships and how I was treated, but worse, how I reacted to that treatment. We have choices around how we react to everything. I was so insecure that I reacted the only way I knew how. The feelings were so overpowering that I was hurt every time and became suicidal. I had to learn how to "put the oxygen mask on first".

It took losing my husband to cancer in February 2020 and moving due to financial struggles that I took another look at my life and created the balance I so desperately needed. I never thought I could be self-sustaining but am proud of myself because I am doing everything necessary to live my life alone and afford my house and car for the first time at the age of 63.

My goal is to help others create balance



in their lives so they can create the happiness and success they desire. Sometimes when we are stressed by our situations, we can't see how to make the necessary changes to create the desired effects. Part of my system is to help recognize these barriers preventing you from moving forward. You want to become centered and grounded, and there are many ways to do so.

I have a simple meditation which I will summarize here. Put your hand on your heart and if possible, your feet flat on the ground. Picture roots growing from the bottom of your feet into the center of the earth. Then bring the earth's energy back up through your feet and through your body. Follow it up out the top of your head and into the universe. Bring the energy from the universe into the crown of your head and through your body where the energy centers in your heart. As you do this, take your time and imagine it going through every part of your body to absorb the energy fully. When you are complete, take a few deep breaths.

Sometimes we must find a distraction and shift the focus off what we are trying to balance. For some, it is as simple as shopping therapy or finding a hobby that makes you happy. I love doing jigsaw puzzles because it is a form of meditation. While I'm concentrating on finding the pieces my mind is free to receive messages that I wouldn't easily hear otherwise.

Whatever it is for you, my prayer is that you can step into balance this fall and create a life by design as I learned from my mentor, Joel Bauer. By doing this, we create the best self we can be so we can be of service to others.

As a Mental Health Speaker Catherine M Laub's campaign; "Brighten Your Day with Turquoise" uplifts us. She shares her journey with mental illness on her self-produced podcast, "The Celestial Spoon". Catherine is also an Award-Winning Inspirational Author, Psychic/Medium and Turquoise Angel Guide. Find her online at <http://www.catherinemlaub.com>.



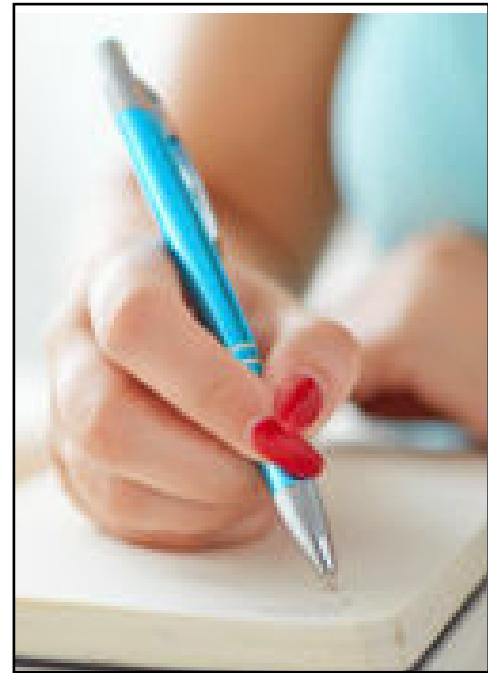
Fall Reflections from Rebecca...

This issue is packed with great information, impactful insights, and transformational tips to help support you to lean in and Spring Forward with purpose, intention, mindfulness, and great love. You are a gift and add a special sparkle to the world and to all of those around you as you lean in, share your heart and are willing to SHINE.

To support you, we have added some reflection questions to help you stop, pause, reflect, and take purposeful action. So, grab your journal. Take a moment to ask the following questions and write down your answers...then take purposeful action towards your goals.

- * What article, tip, spotlight, share impacted you and why?
- * What can you do today to stop, pause, and bring you clarity and purpose today?
- * What step can you take today to share more of your gifts and talents with the world?
- * What are you choosing to reflect on that can bring you more balance and peace?
- * How can you lean in and help another during this time?
- * What are you thankful for?
- * What is something you can stop, pause and celebrate?

We look forward to seeing you share the gift of you in a powerful, purposeful and loving way with the world.





In the Spotlight

a chat with an
expert

Meet Julia Harriet; Author, Speaker, Builder

Julia Harriet is a mother, a builder, and survivor who is passionate about supporting and empowering women to build their dream life. As a result of working with Julia, women feel empowered to build their ultimate dream life. She is looking for individuals who want to fill their life toolbox full of techniques, strategies, and exercises that will take them from merely surviving the day to day grind, to joyful thriving.

Read on to learn more about her most recent book on moving past

~ Share something you are passionate about:

I am passionate about living a life that's forever under construction. I've learned that it's possible to rebuild your life after being leveled and that the remodeling process can be one of the most empowering experiences that women can experience.

~ What are some ways you're helping to bring this forward in the world?

Through sharing my story and my tool box full of everything I've learned and gathered through building my own house and rebuilding myself after being sexually assaulted, losing my mother to cancer, and going through divorce in one year's time.

~ Describe something our readers today can look forward to discovering in your book, Under Construction: Healing Trauma While Building my Dream:

I share my story as a means to help promote empowerment and healing - to give women across the globe permission to follow their heart's desire, to not become victims of circumstances, and to stand tall and proud as builders of their dreams.

~ What are 1-3 tips you can give our readers to help them step forward in life?

Making mistakes is key to being under construction - if you aren't making a mess, you aren't actively building. Find mentors to inspire and guide you (and hold your hand when you mess up big.) Ask a lot of questions because it will help you define your vision, which is critical



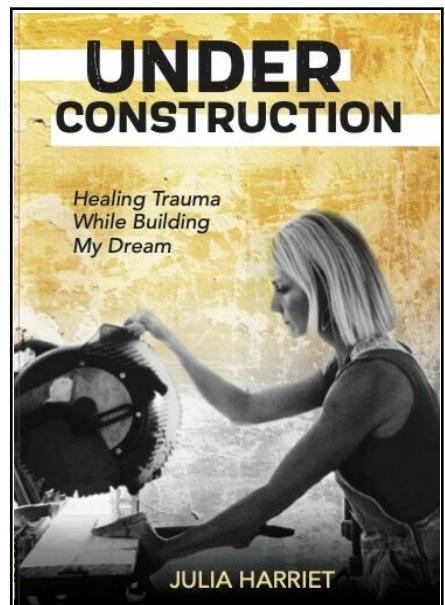
to successful construction.

~Can you share a client success story?

For me, success comes when a woman walks up to me after I share my story and says, "thank you for beinghave a way to make your dream happen, once you get clear and in alignment with your vision, I promise you that anything is possible."

~Any final thought, share, or idea that you would like to share with our readers?

I'm thrilled to become your builder buddy and look forward to sharing all my tools with you that have taken me from being demoed by a series of unfortunate events, to living my best and brightest life.



For more information, Julia can be reached online at:
www.juliaharriet.com * on IG @julia.harriet.anderson * on IG @juliaharriet



In the Spotlight

a chat with an
expert

Meet Adria Concannon: Author

Through literature Adria and her organization Adria Press help children and young adults finding pride in their culture and traditions and they find out that those traditions are rooted in principles that hold humanity together. Adria says that "Literature is a way to bring healing, togetherness, and reconciliation, in my book you can travel and with imagination find ideas on how to find the strength to fulfill your mission in life."

Read on to learn more about her most recent bilingual book about friendship:

~ Share something you are passionate about:

I am passionate about literature and the history of literature, understanding why people write, gives a better idea of what it really means. The history, social and cultural setting for each written piece provides a richness of knowledge.

~ What are some ways you're helping to bring this forward in the world?

Heritage and traditions are important to be included in literature, precisely because they provide the reasons and motivation for actions, for stories, for odysseys. The world would treasure learning about the world itself. Languages are important because they are the soul of a culture, so by offering bilingual stories, we provide a more comprehensive approach.

~Describe something our readers today can look forward to discovering in your book, Under Construction: Healing Trauma While Building my Dream:

book, An Aztec Story of Friendship: The Road to Liberation and Empowerment:

Discover a trip to the past breaking through old traditions and bringing them forward to a world of inclusion and solidarity, doing the right thing.

~What are 1-3 tips you can give our reader today to help them step forward in their life powerfully?

Create empathy and understanding to people out of your own group.

Look for values the need to be recovered and set an example to bring them back.

Be aware of your environment and nature.

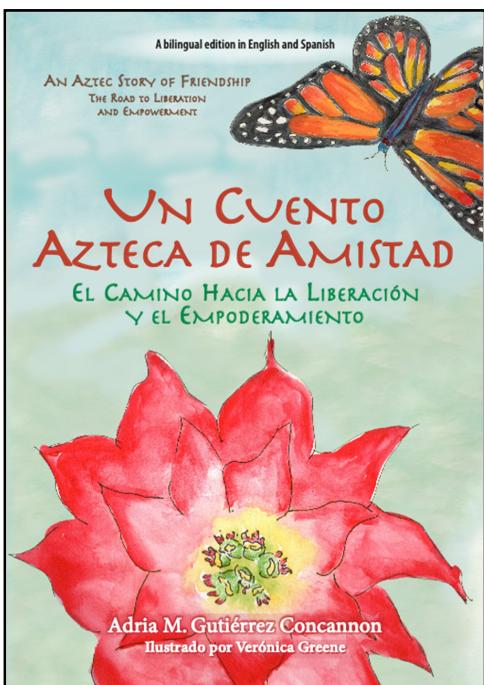
~Can you share a client success story?

The launching of this book has been like the closing of the circle. I had been wanting to write about the poinsettias because I actually wrote about them in my first book. I also wanted to include the Mexican folklore and traditions in the book. In addition to this, my birthday is very close to the Mexican Independence Day and it also happens to

be the date for the Hispanic Heritage month, which happen to be the dates that the book will be launched. It all adds up to success.

~What tip or piece of advice can you share with our reader today to empower them to SHINE?

In this constantly changing day and age, what matters is who you really are, being authentic. We are often being bombarded in social media by all these trends telling us how to be, to be cool, and we sometimes forget who we really are. Be yourself and love it, understand where you come from, and be proud of it.



For more information, Adria can be reached online at:
www.adriampress.com
and via email at:
adria@adriampress.com

**"THE POWER YOU HAVE IS TO BE THE
BEST VERSION OF YOURSELF YOU CAN BE,
SO YOU CAN CREATE A BETTER WORLD."**

- Ashley Rickards





Exciting Step for RHG TV Network!

We are very excited to announce that our RHG TV Network has just completed a merger with the VoiceAmerica TV Network, where all of our channels and shows will be housed on the VoiceAmerica TV network under our RHG TV Network brand!

Nothing has changed in the quality and content of the shows you love. Simply go to VoiceAmerica.TV Network to see all of the channels and programming available or go to the RHGTVNetwork.com to see and see all of the RHG TV Network programs. If you follow a particular host, you can also go straight to their channel to find the episodes you desire.

What has changed is our ability to reach even more people globally with our amazing messages of empowerment, encouragement, inspiration, knowledge and expertise. This new level of prominence, reach, and cross-promotion allows our hosts to take their visibility and shining star power to the next level! Our hosts are now able to step into having their own channel on the VoiceAmerica TV network, utilize live commercial space, and reach even more people! Congratulations to all of our hosts and network! This expanded opportunity for all of them is a testament to the quality of their powerful shows. If you have been thinking about stepping into your power on a bigger stage, now may be your time to make the leap and step into hosting your own TV Podcast and channel.



We are grateful for our wonderful relationship with VoiceAmerica where we can join forces to serve on an even greater level, to lift each other up so we can all SHINE our light into the world!

If you are interested in learning more about possibly becoming a host or having your own channel on the VoiceAmerica/RHG TV Network please send Rebecca an email at Rebecca@RHGMediaProductions.com and she will be happy to share information about what package and options are currently available.

*Empowering Connections
Transforming Lives*

Empowered **CONNECTIONS** TV

Presented By
RHG MEDIA PRODUCTIONS

Empowering Women, Transforming Lives

Description: Syndication of our popular weekly radio show where we seek to equip and empower women to live their life on purpose and with purpose.

When: Wednesdays at 1 p.m. PST

Host: Rebecca Hall Gruyter, Women's Empowerment Leader and CEO of RHG Media Productions/
Your Purpose Driven Practice



Women's Empowerment TV Show Series



Description: Featuring presentations from our live Women's Empowerment Conference Series. We seek to nourish, encourage, equip, and empower our viewers to live their lives with purpose and on purpose.

When: biweekly, Wednesdays at 11 a.m. PST

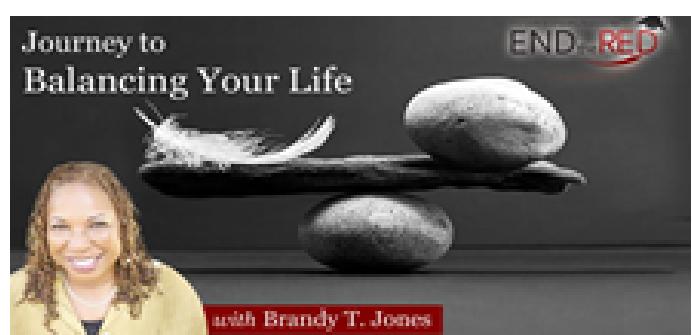
Host: Rebecca Hall Gruyter, Women's Empowerment Leader and CEO of RHG Media Productions/Your Purpose Driven Practice

Journey to Balancing Your Life

Description: On our show we guide you to break down your current limiting beliefs and create manageable shifts from scarcity to abundance in a step-by-step fashion. Come out of your private struggle by knowing that you are not alone.

When: Mondays at 1 p.m. PST

Host: Brandy T. Jones, CEO, Author, Speaker, Financial Consultant, Radio Hostess



**YOUR
SHOW
COULD
GO
HERE!!**

CONTACT REBECCA TO LEARN MORE ABOUT THE
POSSIBILITY OF HAVING YOUR OWN
INTERNATIONAL TV OR PODCAST SHOW
WWW.MEETWITHREBECCA.COM

Empowering Connections
Transforming Lives

Empowered CONNECTIONS TV

Presented By
RHG MEDIA PRODUCTIONS

The Author's Journey Podcast



Description: The heart and passion behind all of Rebecca's programming is to empower our listeners to live their BEST life possible. In this show we want to share the authentic journey of becoming a best seller from the view of the author's journey.

When: weekly, Mondays at 9 a.m. PST

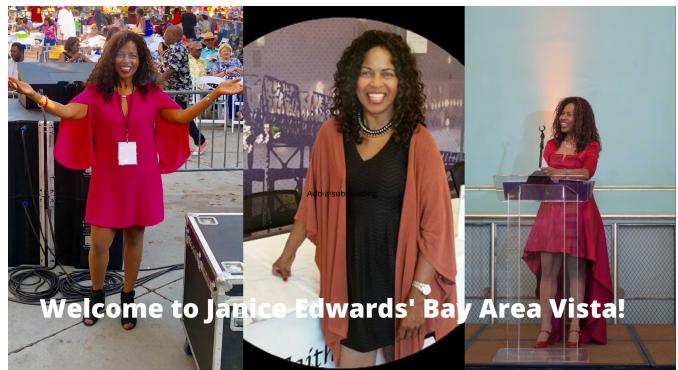
Host: Rebecca Hall Gruyter, Women's Empowerment Leader and CEO of RHG Media Productions/Your Purpose Driven Practice

Janice Edwards' Bay Area Vista

Description: Janice Edwards' Bay Area Vista, launched in 2002, is an award-winning show featuring events, interviews and newsmakers of impact- a show for you about you!

When: TBD

Host: Janice Edwards, Host and Executive Producer



Would YOU like to showcase your message and get more speaking opportunities?

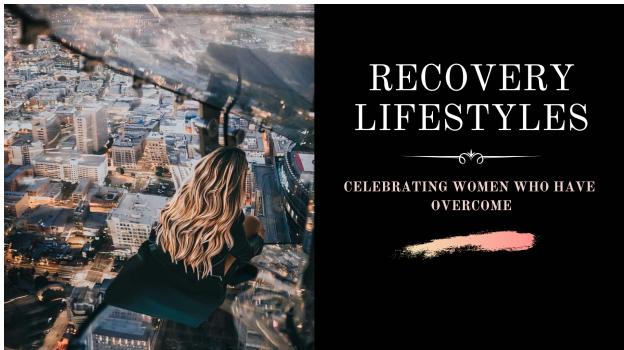
Speaker
TALENT SEARCH

If the answer is YES, then apply now!

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Visit these CHANNELS

Recovery Lifestyles with Carmell



Description: Connecting Women from around the world who have overcome inside recovery and are living inspiring, purposeful lives.

When: Tuesdays at 1 p.m. PST

Host: Carmell Pelly, Mindset and Self Development Coach

The Celestial Spoon

Description: Catherine and her guests have inspirational conversations relating to their journeys towards Spirituality and Self-awareness. Create a healthier and happier life!

When: Sundays at 7 p.m. PST

Host: Catherine M. Laub

A promotional image for "THE CELESTIAL SPOON". It features a portrait of Catherine M. Laub on the left, smiling. To the right is a sunset over a landscape. Text on the right side reads: "THE CELESTIAL SPOON NOURISH YOUR SOUL WITH CATHERINE M LAUB, ACM", "Author, Speaker, Podcast Host Mental Health Advocate", "Psychic/Medium and Turquoise Angel Guide". Below this is a quote: "You will get the feeling of knowing these people during these relaxing conversations and want to follow them." To the right of the sunset is another quote: "Listen to inspirational conversations relating to sometimes difficult emotional journeys towards Self-awareness and Spirituality." At the bottom right is the website address: "www.thecelestialspoon.com". A small image of a book titled "Goddess of Deep Healing" by Catherine M. Laub is also shown.

From Upside Down to Right Side Up: Tips for the Transition



Description: A series of inspiring conversations with brilliant, resilient women who share their own transformational journey through life's upside-down moments, teaching us what they learned along the way, so the rest of us can know for sure that we are not alone.

When: Wednesdays at 11 a.m. PST

Host: María Tomás-Keegan | Career & Life Coach for Women—Specialty: Transitions Productions/Your Purpose Driven Practice

**YOUR
SHOW
COULD
GO
HERE!!**

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POSSIBILITY OF HAVING YOUR OWN
INTERNATIONAL TV OR PODCAST SHOW
WWW.MEETWITHREBECCA.COM

Visit these CHANNELS

It Feels Good to Feel Good: Futureproof Your Health

Description: The show will be share lifestyle tips to make to be your healthiest, happiest self, and will include one on one interviews with others who have owned their own health and returned to a healthier self. Our host, Cheryl Meyer, wants to inspire you to a healthier and happier you!

When: Thursdays at 2 p.m. PST

Host: Cheryl Meyer/ Cheryl M Health Muse

IT FEELS GOOD TO FEEL GOOD FUTUREPROOF YOUR HEALTH

WITH CHERYL MEYER



The Power of the Tribe Network



Description: A series built around the idea that "When a women loses her tribe, she loses her shine. But when women come together, we shine brighter." Our show will be positive and empowering to connect, inspire and uplift!

When: TBA

Host: Maureen Ryan Blake

Healing Body, Mind, and Soul

Description: The Whole Self Care Podcast: Empowering Whole Self Care, Self Healing and Self Mastery

When: Fridays at 11 a.m. PST

Host: Healing Body Mind and Soul Show Host, Aeriel Ascher



GAIN VISIBILITY AND INFLUENCE!

WOULD YOU LIKE TO EXPAND YOUR INFLUENCE TO INCLUDE MAJOR MEDIA?
BE RECOGNIZED FOR YOUR EXPERTISE LIKE OUR TOP INFLUENCERS ON PAGES
32-33? IF SO, DON'T WAIT TO SCHEDULE A TIME TO TALK WITH WITH
REBECCA (WWW.MEETWITHREBECCA.COM) TO DISCOVER HOW
TO BE QUOTED AS A TOP PROFESSIONAL IN MAJOR MEDIA!



In the Spotlight

a chat with an
expert

Meet Cathy Davis: CEO of Davis Creative Publishing Partners

Join us in welcoming Cathy back to our pages! At Davis Creative, her Publishing Partners team offers concierge self-publishing services to aspiring authors across the US and around the globe. Experts, speakers, trainers, and influencers hire Cathy and her team to use the power of publishing to build their brand, grow their business, and make a difference in the lives of the people they reach.

As a Creative Publishing Consultant, Designer, and Imagineer, Cathy Davis helps hundreds of authors, each year, create

positive ripples around the planet. Read on to learn about Cathy's passions and the book she is releasing this Fall!

~ Share something you are passionate about:

I am passionate about empowering women to claim their power, be the voice of peace, and reach out with a helping hand.

~ What are some ways you are helping to bring this forward in the world?

With our anthologies, we offer a one-chapter entry-level program which helps authors establish credibility, develop new connections, and build confidence. Our sponsor-level anthology gives one author the opportunity to be the anthology "anchor" author, while inviting their "tribe" to join the collaborative project. Through collaboration, each author pays a portion of the total fee and shares in the "buzz" of the book launch. We also help authors write and publish their own solo-author book as a marketing tool to help them look good, get noticed, and grow their business.

~ Describe something our readers today can look forward to discovering in your book, *Clarity Out of Chaos* :

The "Clarity Out Of Chaos" anthology is a collection of essays highlighting personal stories of how each author has responded to — and survived — those definite BIG BUMPS in the road of LIFE. Be inspired and motivated by stories of resilience, grit, and determination.

~What are 1-3 tips you can give our readers today to help them step forward in their life powerfully?

TAKE ACTION; don't sit back and wait for something good to happen; go out and make your own "good".

~Will you share a client success story?



success cycle which began with a single chapter in one of our anthologies . . . and 12 of those months included the beginnings of the “Pandemic Pause”. After writing her first chapter (pre-pandemic) with the help of one of our Writing Coaches, she was SO excited about the process, she began writing her very first book. Still working for another company, she knew in her heart she really wanted to start her own business. We watched her confidence grow as she finished her book, selected a launch date, quit her job, and started her new business . . . in an office with 3 additional new-hires. The launch of her solo-written book was also the launch of her new business!

~ What tip or piece of advice can you share with our reader today to empower them to SHINE?

Be willing to ABC:

A = Act as if what you want is right around the corner

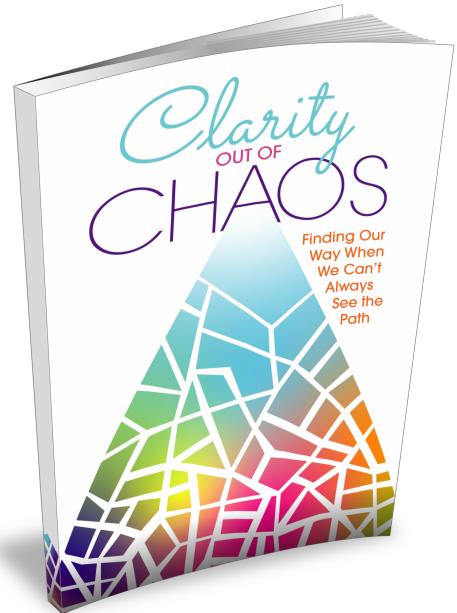
B = Believe that you deserve for it to happen

C = Create the little steps each day to move you in the direction that you desire

~ Any final thought, share, or idea that you would like to share with our readers today?

We are at a pivotal point in the history of our planet. Now is not the time to shrink back and wait to see what is going to happen next. NOW is the time to step forward, into the light, and let yourself SHINE (as Rebecca says)! If you’re not sure how or where to start . . . reach out. My hand is always extended out to help.

For more information, Cathy can be reached at <https://daviscreative.com>
or on FB @DavisCreativeLLC * LI, IG @cathyldavis

A composite image featuring a portrait of Mary E. Knipfel on the left and a promotional graphic on the right. The graphic contains the text "Write your book." and "Grow your business." in a white speech bubble shape, set against a teal background. Below this is the name "MARY E. KNIPPEL" and the website "YourWritingMentor.com".

MARY E. KNIPPEL
YourWritingMentor.com

In the Spotlight

a chat with an
expert

Meet Shelby Kottemann: Writer, Speaker, and Connector

Shelby's mission is to model how looking inward empowers us to heal and grow. She says that her purpose is to show readers the wisdom and depth that surrounds us in life's simplicities, especially in nature.

Deep connections with nature and other people are a large part of who she is. Through writing, speaking, and retreats, it is her mission to impact others so they too may grow with these meaningful connections.

Read on bout her passion for connecting more deeply:

~Share something you are passionate about:

I am passionate about helping people connect with their hearts and nature to grow inwardly. I believe that through these connections, God gives us great power to heal.

~What are some ways you are bringing that forward in the world:

Through writing, speaking, and conducting retreats, I help others connect more deeply to their hearts' truths and to the healing power of nature.

~Describe something our readers today can look forward to discovering in your book, Evolution of a Soul:

I suspect readers will uncover a new piece of themselves through the introspection this book gently invites.

~What are 1-3 tips you can give our reader today to help them step forward in their life powerfully?

1. We all deserve love and are love.
2. The heart is where you and God meet. Always follow its truth and guidance.
3. The silver lining to every trial is growth.

~Will you share a client success story?

When I was a teacher, one of the gifts my students and I shared was the art of storytelling. I loved lighting up their hearts and minds with a good story, and I loved even more, weaving lessons into those stories that could help them become.

Years later, students reach out to stay in touch, and always, they remember my stories for the encouragement and inspiration they provided. Students say



inspiration they provided. Students say that my stories helped them become who they are today. It's a testament to my belief that storytelling is a lasting expression of love.

~What piece of advice can you today to empower us to SHINE?

Make a list of all the things that light you up. When you're feeling heavy, look to that list as your own personal medicine of self-care.

~ Any final thought, share, or idea that you would like to share with our readers today?

You are valued, beautiful, and loved.



For more information, Shelby can be reached on Instagram @Shelby Kottemann

Do you have a message to bring forth? Your book could join our Bestseller Showcase too!

What book is birthing within you? Do you have a message of impact that you want to share? Are you called to lead a book project that is collaborative? Maybe it would include multiple authors with hearts like yours? Or maybe you want to launch out with your own book?

Maybe you just have an idea that tugs at the back of your mind. You can explore options and ideas with Rebecca by scheduling a complementary session today at: www.MeetWithRebecca.com.

Watch for our future editions for upcoming writing opportunities! RHG Media Productions is now accepting applicants online for those who want to apply for one of our writing opportunities,! Go to: <http://yourpurposedrivenpractice.com/writing-opportunities/>



**"LIFE SHRINKS OR EXPANDS
IN PROPORTION TO ONE'S COURAGE."**

- Anais Nin

Congratulations

TO OUR TOP INFLUENCERS OF 2021



Join Rebecca as she celebrates our Top Influencers! The powerful men and women have been recognized by major media like FOX, ABC, CBS News, and NBC! We celebrate this amazing accomplishment by experts who have reached the level of recognition in their industries that they are now being quoted in major media!



Charlotte Allen
**Speaker, Bestselling Author,
Leadership Consultant,**



Debi Corrie
**CEO, Speaker,
Bestselling Author**

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As Seen On



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NBC

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MarketWatch

StarTribune

BOSTON
Herald

Shauna Cuch
Healer, Bestselling Author

As Seen On



CBS
NEWS

NBC

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MarketWatch

StarTribune

BOSTON
Herald

Renuu Dhillon
CEO, Bestselling Author

As Seen On



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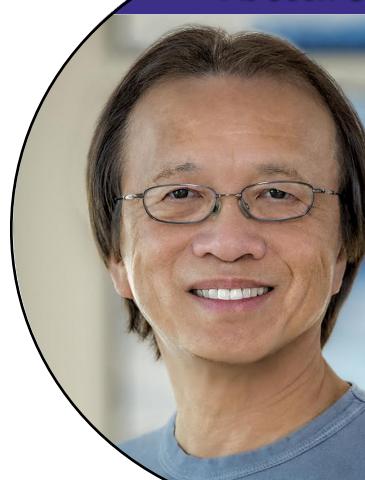
MarketWatch

StarTribune

BOSTON
Herald

Jennifer Stowell
*Entrepreneur, Consultant,
Bestselling Author*

As Seen On



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NEWS

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MarketWatch

StarTribune

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Sam Yau
Poet, Bestselling Author

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Leslie Zann
*Entrepreneur, Consultant,
Bestselling Author*

As Seen On



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John Morganelli Jr
*Founder and President of
Ivy League Consulting*

As Seen On



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Karen Wright
*Entrepreneur, Radio Show Host,
Bestselling Author*

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Carmell Pelly
*Best Selling Author,
Entrepreneur, TV Show Host*

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MarketWatch
StarTribune
BOSTON
Herald

Wendy K. Benson
COO of 2x2 Health,
Best Selling Author

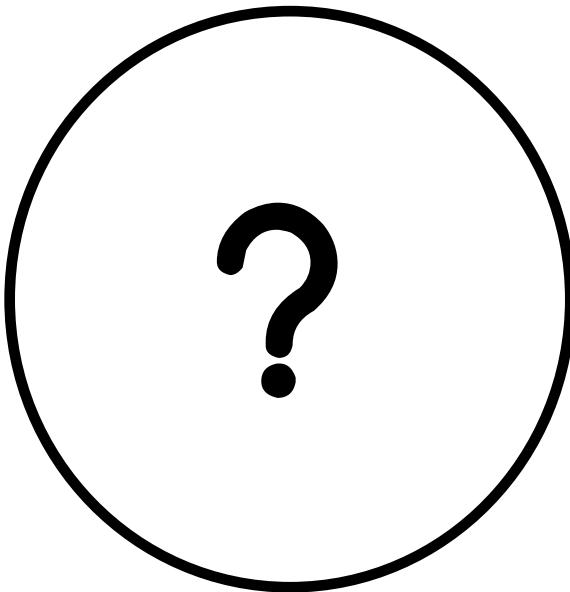
Elizabeth A. Myers
CEO of 2x2 Health,
Best Selling Author

As Seen On

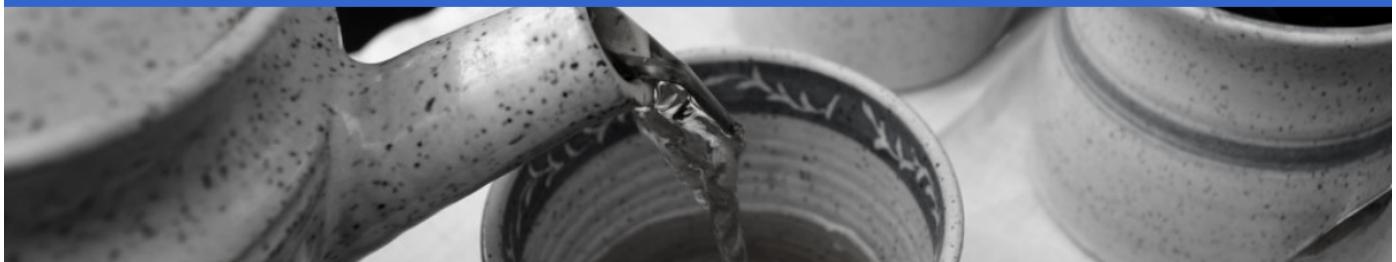


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Donny Ingram
Consultant & Speaker,
Best Selling Author



Could this be you?



Going the Long Way Around

On the way into work lately, I've been taking the long way in. It adds a few extra minutes to my trip and it's definitely not the straightest line between two points. (Which, I realize might baffle some of you at first read. More on that in a second.) But to me, it's worth it to leave a few minutes early and take the windy, back way. Why do I do this? Why do I got out of my way and choose the longer route?

Simple: because it's much prettier.

Instead of driving over the potholes and past the car dealerships and stores, my route takes me over the bike path and alongside the river, which is very full this summer. It takes me through neighborhoods where kids are playing and colorful flowers are blooming. It takes me up dead man's curve where I can do a little zoom-zoom because there isn't as much traffic.

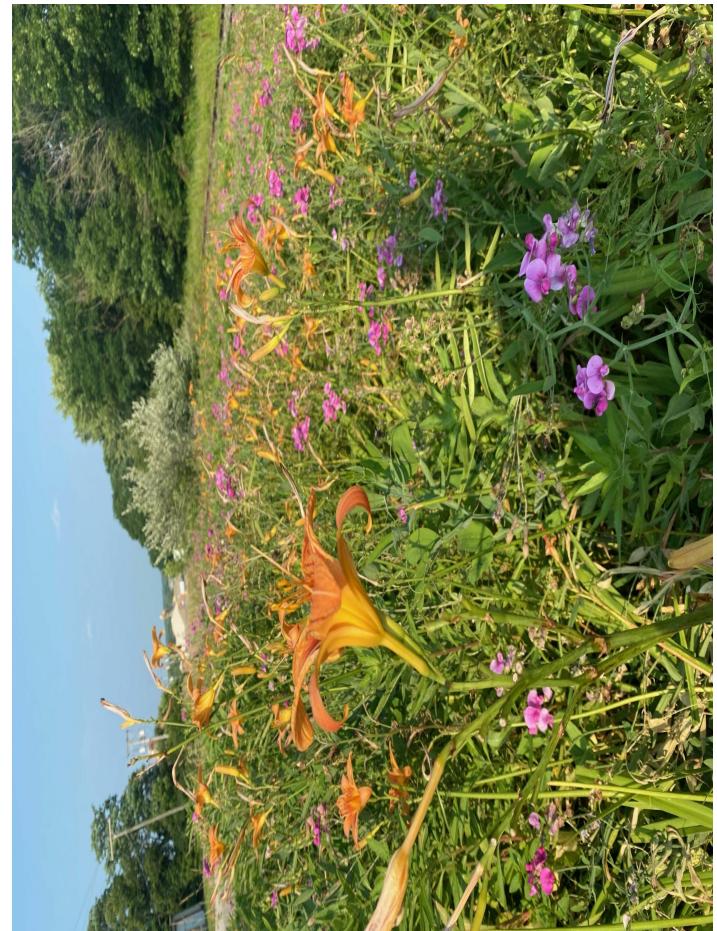
About mid-June I started to notice these beautiful wildflowers along the side of the road. Their pinks and oranges drew me in and I noticed that I had slowed down and that I was full-on grinning: from ear to ear. One day I was so captivated by them that I pulled over and took pictures so that I wouldn't forget the power of noticing and the counterintuitive impact of going the long way around.

I've also been turning the news off on these short, morning commutes. I either leave the radio off all together or I play beautiful music that inspires my heart. This new morning ritual is my small, tangible way of saying "no" to the noise.

It's my quiet protest against the tyranny of the urgent. Every time I go this way, I remind myself that efficiency is not my highest value.

After all, one can be efficient at all the wrong things.

Instead, I want my life to be marked by effectiveness. And being truly purposeful in this life means tending to my inner world and slowing my pace so that I am mindful. When I take the long way in, I notice small things. Like the kind of beauty that exists when a wildflower grows up through the unused



railroad tracks. Somehow this does something for my heart that following taillights, hurrying past dealerships, and being alerted to the latest milkshake flavor at Swenson's does not.

Most of us live distracted, hurried lives. We are overextended in every way as we rush from one moment to the next, failing to even notice the moment we are currently in. There is very little space between our tasks, emails, and texts. And in the western world where I live, the culture prizes efficiency so highly that we often measure our worth by how much we were able to get done on any given day.

According to writer, John Mark Comer in his book *The Ruthless Elimination of Hurry*, psychologists and mental health experts have begun "talking about an epidemic of the modern world: hurry sickness. As in, they label it a disease." Comer sites one definition for this ailment as "A behavior pattern characterized by continual rushing and anxiousness." We're hurrying to get a lot done but at what cost?

Taking the long way is one way I'm saying no to all of that. What is yours?

Shannon S. McKee is communicator at heart. She is a writer, editor, speaker, and Enneagram coach. She writes at www.shannonsmckee.com. She coordinates the Women's Ministry at Redemption Chapel in Stow, Ohio, where she is a regular teacher and mentor. She is passionate about helping women thrive from the inside out. Her other titles include: Grace-dweller. Lover of Rick. Momma to 2. Tea Drinker. Entrepreneur. Putterer. Consumer of Dark Chocolate.



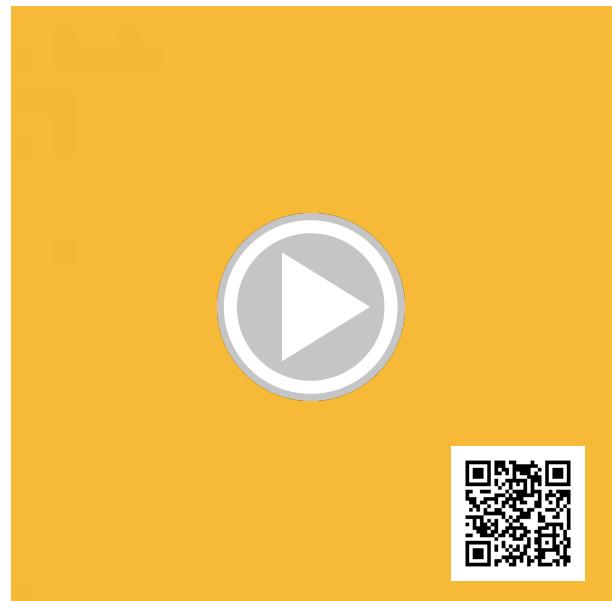
Writing Opportunity: Empowering Purpose Series!

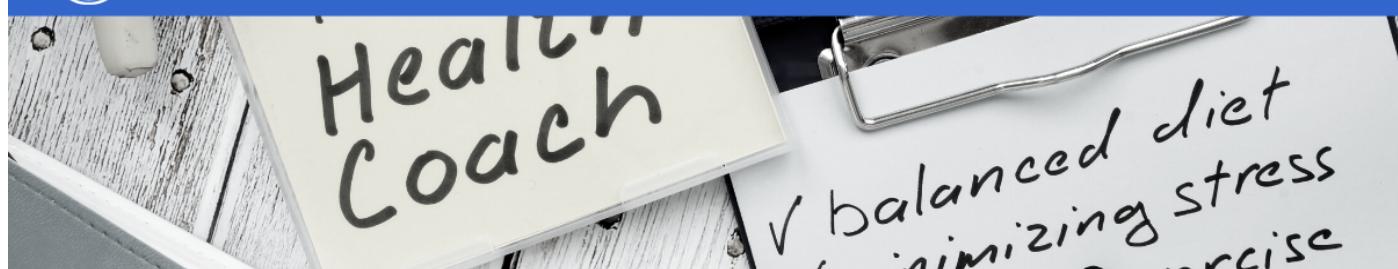
Now is your chance to join us as a co-author in one of our bestselling anthologies! This is the second book in the series.

With a release date of March 1, 2022, this powerful book will feature up to 30 co-authors, who will share their unique perspective and personal journey of discovering and stepping into their purpose. They will share the insights they discovered along the way which will empower the reader to step into their brilliant purpose and to live life in full color and with deep meaning.

Our co-authors will enjoy greater visibility, positioning, and expanded reach in the marketplace here in the U.S. and worldwide. Being seen as an Expert and Best-Selling Author, increase their visibility while making a difference with their message while increasing their reach – a winning combination!

Get more info about this opportunity by visiting Rebecca's website at: <https://yourpurposedrivenpractice.com/writing-opportunities/step-into-your-brilliance/>.





Fall Into Balance: Revisit and Implement All the Basics of Good Health!

1. Avoid all GMOs. Genetically Modified foods have been modified to resist insects, fungi, and mold. They have insecticides, fungicides and herbicides built right into them. If they kill the outside bugs, including beloved bees, which we need to pollinate our crops, they also kill the good bugs in our guts. Why would you want to eat insecticides or herbicides? Avoid them at all costs. Studies are just starting to come in with horrifying results. Buy Organic whenever possible.

2. Cook your own real food. Control what you put into your body. Food should not only be delicious, but it should also feed your body all the micro-nutrients that it needs. Avoid processed and fast foods, or anything on a label that you cannot pronounce or know what it is. If you do not know what it is, your body does not either. They do harm to the body. Stay away!

3. If it is on the "Dirty Dozen" list, absolutely buy organic. These foods have dozens of toxins on them. You cannot wash them off. Avoid them. If the item is on the Clean 15, not to worry, buy conventional. Buy organic whenever possible.

<p>BUY ORGANIC</p> <p>Dirty Dozen</p> <ul style="list-style-type: none"> 1. Strawberries 2. Spinach 3. Kale, Collard and Mustard Greens 4. Nectarines 5. Apples 6. Grapes 7. Cherries 8. Peaches 9. Pears 10. Bell & Hot Peppers 11. Celery 12. Tomatoes <p style="text-align: center;"> It Feels Good To Feel Good</p> <p style="text-align: center;">EWG 2021</p>	<p>CAN BUY CONVENTIONAL</p> <p>Clean 15</p> <ul style="list-style-type: none"> 1. Avocados 2. Sweet Corn 3. Pineapple 4. Onions 5. Papaya 6. Sweet Peas (Frozen) 7. Eggplant 8. Asparagus 9. Broccoli 10. Cabbage 11. Kiwi 12. Cauliflower 13. Mushrooms 14. Honeydew Melon 15. Cantaloupes 	<p>4. Include healthy Omega-3 oils in your diet. Ghee, Grass Fed Organic Butter, Olive oil, Avocado oil, Coconut oil, Grapeseed oil, Nut and seed oils, Brown Rice oil, Flax Seed oil. Oils from wild fish like salmon/mackerel. Avoid Omega-6 oils.</p> <p>5. Detox off sugar. It is an addiction. It turns off your hunger hormones, Leptin and Ghrelin. You are still hungry, and you want more. It is destroying your body. Get off fructose, cane sugar, corn syrup, and agave,</p>
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(Thank you EWG.org for all the research.)

(continued on page 28)

(continued from page 27)

in your diet. That includes the "fake sugars". The blue, pink, or yellow packets are chemicals doing harm to your body. Replace them with Stevia, Monk fruit, or small amounts of raw honey, maple syrup, or coconut sugar. Still gives you a sugar high, but gives your body some needed nutrients.

6. Eat the rainbow. Each color of a plant food contains important nutrients for life. Buy local if possible. The faster from the farm to the table, the more nutrients in the food to fuel your body. Buy vegetables and fruits that are in season which ensures best prices and maximum nutrition.

7. Drink lots of water, with a little lemon juice in it. Avoid water sold in plastic bottles, filter your drinking water with a filter under your sink to take out pollutants. Carry it with you in stainless steel water bottles.

8. If you do eat meat, make it clean meat. Make sure it's pastured, 100% grass fed, no antibiotics, or hormones. If Vegan or vegetarian, make sure to include plant-based protein. Soy must be organic.

9. Never use conventional salt. Use sea salt, Celtic salt, Kosher salt, Himalayan salt. They provide well needed minerals.

10. Cook with organic garlic, onion, and fresh herbs. They add complexity and are nutrient powerhouses.

11. Stop using toxic tools in your kitchen. No cooking on coated cookware; no using cheap black spatulas or spoons, eliminate plastic wraps and aluminum foil. Cook on enamel or stainless steel, use stainless steel metal utensils, use unbleached parchment paper. Store food in glass containers to avoid toxins.

12. Stay active. Walk or move 30 minutes every day.

13. Spend at least 30 minutes outside enjoying nature. Grounding is an important concept for health. Get your hands in the dirt. Grow herbs and flowers in your yard or in pots. Walk in your neighborhood and appreciate all the beauty around you outside. Get some natural sunlight.

14. Get at least 7 hours of continuous sleep. A new study out from a team at Berkeley concludes that 7 hours is imperative to health. Your brain sweeps the plaque out that causes dementia in the 7th hour.

15. Control your stress. Chronic Stress is toxic. Use the Dr. Andrew Weil 4-7-8 breathing exercise 3 rounds, 2 times a day. Do it with him on You Tube. It will reset your parasympathetic nervous system and reduce your stress.

16. Control your ANTs (Anxious Negative Thoughts). Replace them with thoughts of gratitude. Nourish your inner champion to drown out your inner critic.

17. Work to make your relationships healthy and supportive. Toxic relationships negatively impact your health.

Remember, you cannot be great if you do not feel great!!



Cheryl M Health Muse. Cheryl Meyer is a health coach, award-winning international bestselling author, speaker, and international podcaster on RHG TV/Voice America that inspires people with chronic illnesses to make lifestyle changes that return them towards wellness, giving them hope and helping them find solutions. Her first session with a client is FREE so that she can "hear" their story. From there she works with the client to find an implement solutions to lose the pain and live a full life again. You can find her at <https://cherylmhealthmuse.com> or cherylmhealthmuse@gmail.com.



In the Spotlight

a chat with an
expert

*Meet Seema Giri
#1 International Best
Selling & Award-
winning Author &
Speaker, Anthology
Compiler & Holistic
Lifestyle Strategist/
Coach*

Seema teaches you how to break free from the life you no longer want and how to confidently attract and embrace the life of your dreams. Her mission is to help spiritually aligned entrepreneurs and leaders to break free to their purpose so that they can

shine their brilliance and be unstoppable in business and life. Join us as we learn more about her passion for helping people flourish...

~Share something you are passionate about:

I love making a difference in people's lives, to be a catalyst for them to make one simple change, to take that one single step to break free from what's holding them back to find their voice, their gift so that they can shine their brilliance and spread loving kindness in the world.

~What are some ways you are helping to bring this forward in the world?

I speak around the world sharing my extraordinary transformation from being bedridden with chronic pain to living on my terms. Demonstrating that you can achieve exactly what you want through the pathway of making your health and wellness a priority as well as through my Break Free to Brilliance Blueprint Program & Break Free to Master Your Inner Game Meditation Mastermind.

I share remarkable transformation/recovery stories of men and women from their life's major challenges through my Shine Your Brilliance Anthology Program, Break Free International Summit and Book Launch, Break Free to Brilliance Podcast & Break Free to Brilliance YouTube Channel

~Describe something our readers today can look forward to in your book, Break Free to Health and Vitality:

Readers will enjoy a variety of beautiful



Readers will enjoy beautiful compilations of personal journeys and triumphs of how they broke free to reclaim their health and vitality where they are able to lead a life free from pain, medications and stress. Readers will enjoy the wisdom and hope poured from the heart and soul of the amazing authors.

~What are 1-3 tips you can give our reader today to help them step forward in their life powerfully?

1. Know that the answers to the questions you are seeking externally actually lies internally within you.
2. Lead from a place of loving kindness & generosity and you will find the peace, joy and love you are looking for.
3. Life is meant to be joyful, adventurous and full of abundance so expect miracles of all sizes everyday.

~Will you share a client success story?

I would especially like to share a success story of a woman client, 46, she had joined my 16 week Break Free & Reboot Program. She needed to Break Free from unhealthy habits, limiting beliefs and mindset of not being enough. Her business was slow and she was quite frustrated. She had made incredible changes just within two weeks of making some simple eating habits, moving more and thinking differently about herself and changed her perspective of how she was approaching her life and business. By the end of the program my client was loving herself more, her business was flourishing and she published her transformational journey becoming a #1 International Best-Selling Author. She knew many women were struggling with her similar situation. She realized her story mattered, she felt that if she could help even one woman make a change then that would be a huge accomplishment for her.

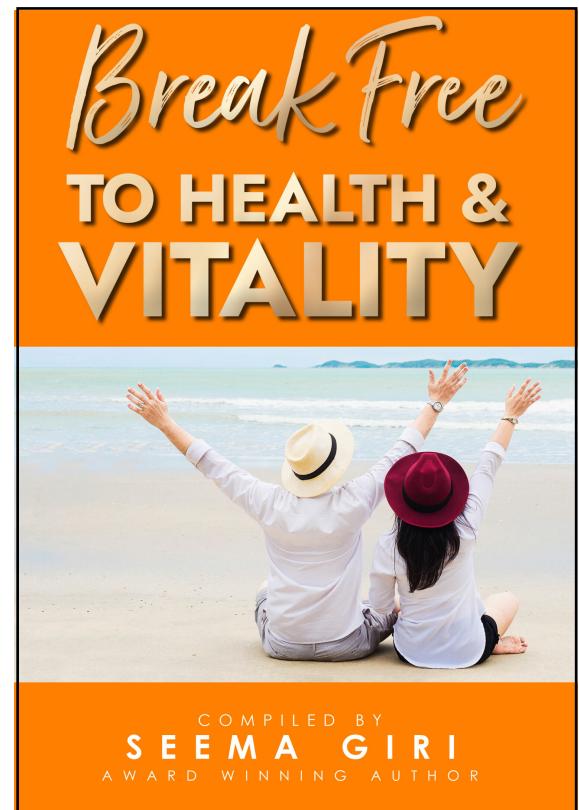
~What tip or piece of advice can you share with our reader today to empower them to SHINE?

It is your responsibility to take care of yourself, no one else's. You have a support system. It is you who has to decide what kind life you want and create it. It starts with you, empower yourself by generously giving yourself a little more loving kindness, self-compassion & self love. This helps you to be in a better mental, physical and emotional health. You will feel more balanced, make better choices and be more resilient.

It is selfless to first fill your cup and give from the overflow from your best version self. More genuine love, joy and kindness will flow from your heart to others. This way you will be able to make a bigger impact in your network, community and the world.

~What tip or piece of advice can you share with our reader today to empower them to SHINE?

Your past doesn't define you. You can make your life's journey filled with more joy, grace and power. You can Rebound, Reset, Realign your life to Embrace Your Brilliance at any age and any time.



For more information, Seema can be reached at www.seemagiri.com
FB: @seemagiri.standinyourpower/ * IG: @giriseema1 * TW: @giriseema



In the Spotlight

a chat with an
expert

Meet Michael LaVista: CEO / Founder, Caxy Interactive

We hope you enjoy this chance to "meet" Michael. He founded Caxy Interactive in 2000 to help companies chart the right course for strategic growth using technology.

Caxy Interactive helps companies make winning technology investments and grow exponentially using technology by creating a strategic lens that most organizations lack. Our mission is to help companies achieve their outcomes faster and with less risk using our proven process.

Read on for more about his work...

~Share something you are passionate about:

I'm passionate about enabling people at companies do their most strategic work by creating technology to eliminate boring, repetitive work and creating tools to help them work smarter and faster. I'm also passionate about creating similar technology for customers that removes friction and speeds interactions. This book is about the leadership skills that technology leaders need to be able to remove barriers and do that kind of work.

~What are some ways you are helping to bring this forward in the world?

I talk a lot about a Gartner study that says about 3 out of 4 technology projects fail. They fail for one overriding reason. They are started without a clear business outcome. It's that simple. I help fix that. I do this by creating a strategic filter for tech within companies so that they can make better decisions.

~Describe something our readers today can look forward to discovering in your book, Superpowered: 7 Leadership Strategies for Technology Executives Who Want to Grow a More Tech-Driven, Engaged, and Profitable Organization:

Many of my early reviewers confessed that they were worried it would be a book about technology. Their surprise, and what readers can learn right now, is that being successful in tech is a lot more about these 7 leadership superpowers and a lot less about specific tech.

~What are 1-3 tips you can give our readers today to help them step forward purposefully?

The gateway superpower that I start the book with, and that all the

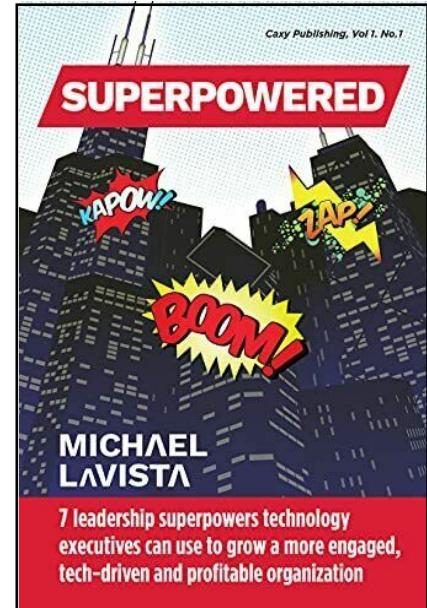


start the book with, and that all the others depend on, is having a growth mindset. That is, believing you can change and grow is the most valuable, core skill you can develop. Without it, everything is an open and shut case. Once you embrace it, just about anything is possible.

The superpower of storytelling applies to anyone. To use a story to illustrate or convince is to understand whom you are talking to and search for a metaphor that meets them halfway and helps them understand your point. It's a great life skill. Without it, you're left with rhetoric and one-sided conversations.

~Can you share a client success story?

One of our biggest successes was helping a client who was in the in-line gaming space grow from 200 to 20000 simultaneous players. That's the kind of increase that can really move the needle. We worked together with their team to reengineer the system and the results were eye-popping.



~What tip or piece of advice can you share with our readers today to empower them to SHINE?

I really resisted advice and coaching early in my career. One of my motivations for writing the book was to try to save someone a decade of banging their head against the wall and trying to figure everything out from scratch. These ideas are ones in might have resisted in the beginning. Maybe these ideas are the ones that resonate with a reader. But keep searching out other voices to find ones that work for you. Don't try to do it all on your own.

~Any final thought, share, or idea that you would like to share with our readers?

One of the superpowers is learning. Never stop learning and questioning. The world changes quickly and that speed continues to accelerate. What you know now could be out of date and not useful in just a few years. Keep seeking out new ideas and thinkers.

For more information, Michael can be reached at LinkedIn, Twitter @MichaelLaVista or via email at mike@makemesuperpowered.com.

An advertisement for a radio show. On the left is a close-up of a silver microphone. The text on the right reads: 'EVERY THURSDAY 10 AM PST', 'Tune into the radio show', 'EMPOWERING WOMEN, TRANSFORMING LIVES ON VOICEAMERICA.COM'. The background is a blurred studio setting.

A graphic design company advertisement. At the top, there are two columns of bullet points: '• Websites', '• Logos', '• Brand Identity' on the left, and '• Tradeshow graphics', '• Brochures', '• Advertisements' on the right. Below this is the company logo, 'MIDNITE Graphics', with 'DESIGN FOR PRINT AND WEB' underneath. At the bottom, the phone number '925-783-0175' and website 'www.midnitedgraphics.com' are listed, along with the tagline 'A full service creative graphic design firm for all your Marketing and Advertising needs!'. The background is a gradient blue.



In the Spotlight

a chat with an
expert

*Meet Dr. RJ Jackson:
Life Coach,
Orthodontist, and
Author*

RJ Jackson is a man of both conviction AND action! Dr. RJ is a certified teen life coach and is known as the leader in Teen Life Coaching, due to the number of teenagers coached and his success rate. His mission is to create smiles on the outside (as an orthodontist), and more importantly, on the inside (as a life coach). Join us as we learn more about his passion for helping teenagers flourish and his recently released book about training your superhero...

~Share something you are passionate about:

I am extremely passionate about helping teenagers learn that success and happiness are an inside job! Now is the time for them to create their future through confidence, self-love, meaningful goals, resilience, and control of their own definitions of success.

~What are some ways you are helping to bring this forward in the world?

A teen's experience of life begins with their thoughts and beliefs, which are developing in critical ways that will affect them all their adult lives. Dr RJ's work is based on shifting the teen's limiting beliefs and uncontrolled emotions into positive thoughts, feelings, perspectives, and actions.

Besides personal coaching with teens and their parents, Dr RJ hosts a top-rated, national weekly podcast, "A Teen's Perspective," where he provides a unique safe space for teens and parents to connect, share, and get professional coaching. His book, How to Train Your Superhero, was a #1 international bestseller.

~Describe something our readers today can look forward to discovering in your book, Parenting Happy Teens. It's an Inside Job:

This book is for parents and others who love and work with teens. It's not the typical "how to cope" approach—he gets BEHIND the reasons why teens are not maximizing their potential, are making self-destructive choices, and experiencing so much stress, worry, and unhappiness. Research based, he



provides tips, exercises, and games that meet teens where they are and help them see themselves in new, more positive ways.

The book is also an insightful read for any person who wants to improve their own relationship with success, confidence, and happiness.

~What are 1-3 tips you can give our reader today to help them step forward in their life powerfully?

1. TYour perceptions color your world and interpret the events of your life. You get to choose only those that build your happiness, and drop those that don't.

2. Happiness is a state of mind, the state of receiving or creating positive thoughts. It's a practice to develop (an inside job), not something you acquire outside of yourself.

3. What you think about is what you feel, and that's what you focus on. Don't we all want those thoughts to make us feel good about ourselves? Think about your thoughts!

~Can you share a client success story?

Early in my orthodontist career, the parents of one of my patients had me remove her braces. She was suffering from an eating disorder. In that moment I realized that creating smiles on the outside was not enough; I couldn't help her with her inner struggles. It was the motivation I needed to become a life coach for teens. About a month after I completed my certification, I had the opportunity to work with this teen, and helped her develop confidence and self-esteem so she no longer—to this day—struggles with body-image issues at all.

~What tip or piece of advice can you share with our reader today to empower them to SHINE?

Happiness makes us SHINE. What I teach youth is to understand the power of their thoughts and how they can manage their thoughts in a way to experience happiness, from the inside out. It's a secret that most people don't know, and that everyone can develop!

~Any final thought, share, or idea that you would like to share with our readers today?

My vision for teens—and everyone else—is to focus on everything that makes you feel good about yourself. Because you have the ability to wire your brain for a positive outlook on life.

For more information, RJ can be reached at www.drrjackson.com
FB: @SmileInOut * IG: @drrjsmile * FB group: @Ateensperspective

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OUR 2021 BESTSELLERS

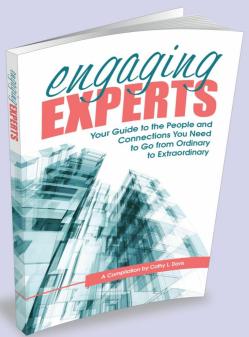


We were so honored to help bring forth these six powerful bestsellers already in 2021! The following books all became bestsellers on Amazon - some of them within the first 12 hours of their release!

Congratulations!



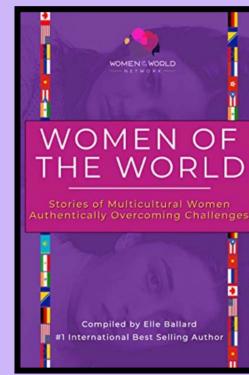
#1 International Best Seller in U.S., U.K., Canada and France!
Best Seller in 35 Categories!
#1 in 8 Categories!

The book cover for "Engaging EXPERTS" by Sue Farber. It features a white cover with the title in large, bold, red and blue letters. Below the title, it says "Your Guide to the People and Connections You Need to Go from Ordinary to Extraordinary". At the bottom, it says "A Conversation for Culture & Change".

Congratulations!



#1 International Best Seller in U.S., U.K., France, Australia, Germany, Canada, Italy, Mexico, and Spain!
Best Seller in 52 Categories!
#1 in 15 Categories!

The book cover for "WOMEN OF THE WORLD" by Elle Ballard. It has a purple cover with the title in large, white, serif letters. Below the title, it says "Stories of Multicultural Women Authentically Overcoming Challenges". At the bottom, it says "Compiled by Elle Ballard #1 International Best Selling Author".

Congratulations!



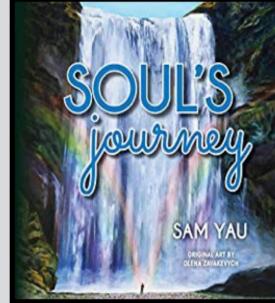
#1 International Best Seller in U.S., Canada, Germany, U.K., and Australia!
Best Seller in 56 Categories!
#1 in 21 Categories!

The book cover for "EMPOWERED SELF-CARE" compiled by Aeriol Ascher. It features a blue and white design with a central graphic of a heart shape formed by two hands holding a globe. The title is in large, blue, sans-serif letters. Below the title, it says "HEALING BODY, MIND, AND SOUL for a Better World".

Congratulations!



#1 International Best Seller in U.S., Canada, Australia, and France!
Best Seller in 41 Categories!
#1 in 10 Categories!

The book cover for "SOUL'S journey" by Sam Yau. It features a vibrant, colorful illustration of a waterfall cascading down a rocky cliff into a pool of water. The title is in large, blue, cursive letters. Below the title, it says "ORIGINAL ART BY OLENA ZAHARAEVICH".



Congratulations to these authors who took a risk to share their heartbeat with the world around them. Would you like to join their ranks and let your message ripple out? Talk with Rebecca at www.meetwithRebecca.com.

Congratulations!



#1 International Best Seller in U.S., Canada, and Australia! Best Seller in 32 Categories! #1 in 6 Categories!

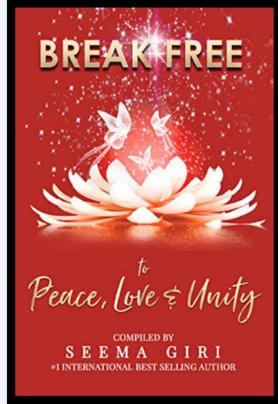


The book cover for 'Outrageous ACHIEVEMENT' by Leslie Zann, CSP. It features a woman in a white top and dark pants standing next to a purple ribbon graphic. The text on the cover includes 'Outrageous ACHIEVEMENT', 'TAPPING INTO YOUR LIMITLESS POTENTIAL TO CREATE THE LIFE YOU'VE ALWAYS WANTED', and 'LESLIE ZANN, CSP'.

Congratulations!



#1 International Best Seller in U.S., U.K., India, Australia, and Canada! Best Seller in 54 Categories! #1 in 8 Categories!

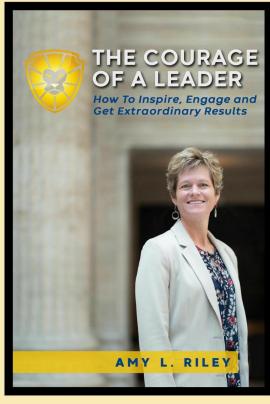


The book cover for 'BREAK FREE to Peace, Love & Unity' compiled by Seema Giri. It features a red background with a white lotus flower and butterflies. The title 'BREAK FREE' is at the top, and 'to Peace, Love & Unity' is in the center. The author's name 'SEEMA GIRI' is at the bottom.

Congratulations!



#1 International Best Seller in Australia, U.S., Germany, U.K., Mexico, Netherlands, Brazil and France! Best Seller in 57 Categories! #1 in 9 Categories!



The book cover for 'THE COURAGE OF A LEADER: How To Inspire, Engage and Get Extraordinary Results' by Amy L. Riley. It features a woman in a white blazer and a yellow banner at the bottom with her name.

Congratulations!



#1 International Best Seller in U.S., Germany, Italy, U.K., and Netherlands! Best Seller in 34 Categories! #1 in 3 Categories!



The book cover for 'NOW or NEVER Shine, Baby, Shine!' by Karen Wright. It features a woman in a purple dress standing in water at sunset. The title 'NOW or NEVER Shine, Baby, Shine!' is at the top, and the author's name 'Karen Wright' is at the bottom.

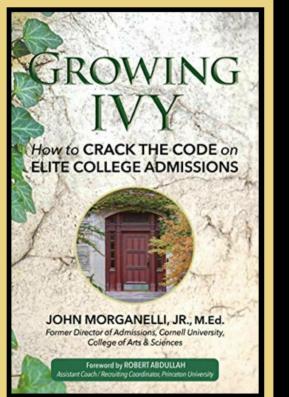


Congratulations to these authors who took a risk to share their heartbeat with the world around them. Would you like to join their ranks and let your message ripple out? Talk with Rebecca at www.meetwithRebecca.com.

Congratulations!



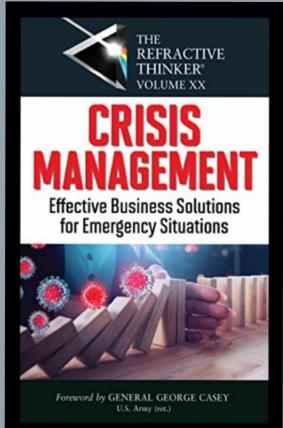
**International Best Seller in U.S. and Canada!
Best Seller in 12 Categories!
#1 in 5 Categories!**



Congratulations!



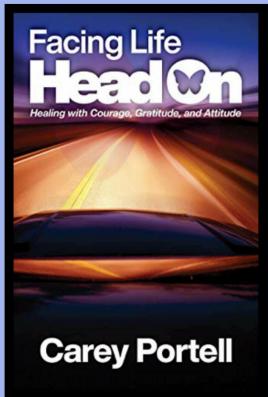
**#1 Best Seller in the U.S.
Best Seller in 11 Categories!
#1 in 3 Categories!**



Congratulations!



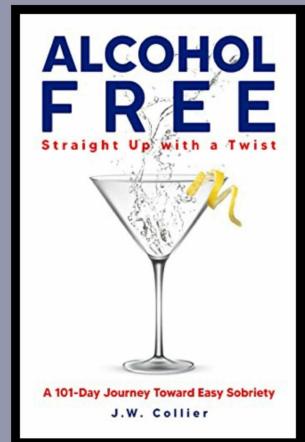
**International Best Seller in U.S. and Canada!
Best Seller in 12 Categories!
#1 in 3 Categories!**



Congratulations!



**#1 International Best Seller in U.S., U.K., Canada, and France.
Best Seller in 42 Categories!
#1 in 8 Categories!**





Congratulations to these authors who took a risk to share their heartbeat with the world around them. Would you like to join their ranks and let your message ripple out? Talk with Rebecca at www.meetwithRebecca.com.

Congratulations!

#1 Best Seller INTERNATIONAL

#1 International Best Seller in U.S. and France! Best Seller in 24 Categories! #1 in 4 Categories!

The book cover for 'FLY!' by Sheri Block Glantz, illustrated by Tori Nelson. It shows a child looking up at a butterfly in a purple cloud, with the title 'FLY!' in large letters.

Congratulations!

#1 Best Seller INTERNATIONAL

#1 International Best Seller in U.S., India, U.K., and Canada. Best Seller in 30 Categories! #1 in 4 Categories!

The book cover for 'ZERO TO 100' by Joseph Lockett. It features a hand holding a coffee cup and a person writing in a notebook. The title is in large red and yellow letters.

Congratulations!

Best Seller INTERNATIONAL

International Best Seller in U.S. and Canada! Best Seller in 13 Categories! #1 in 1 Category!

The book cover for 'REAL FREEDOM' by THE INGRAMS. It features a large cross on a hill against a sunset sky.

Congratulations!

#1 Best Seller INTERNATIONAL

#1 International Best Seller in U.S., U.K., Canada, Germany, Italy, France, Brazil and Mexico! Best Seller in 76 Categories! #1 in 31 Categories!

The book cover for 'Owning Your G.R.I.T.' by Cathy L. Davis, Jennifer Bardot & Carrie Burgraf. It shows various high-heeled shoes.

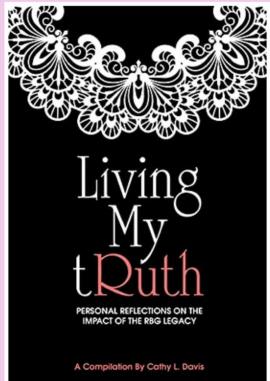


Congratulations to these authors who took a risk to share their heartbeat with the world around them. Would you like to join their ranks and let your message ripple out? Talk with Rebecca at [www.meetwithRebecca](http://www.meetwithRebecca.com).

Congratulations!



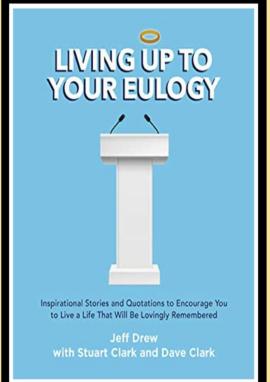
#1 International Best Seller in U.S., Canada, and France! Best Seller in 23 Categories! #1 in 6 Categories!



Congratulations!



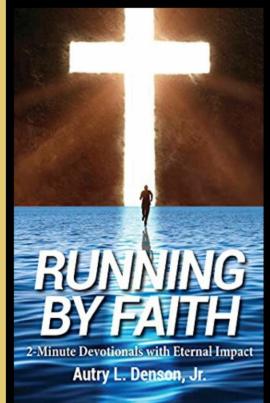
International Best Seller in U.S. and Canada! Best Seller in 21 Categories! #1 in 1 Category!



Congratulations!



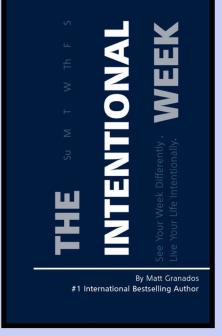
International Best Seller in U.S. and Canada! Best Seller in 18 Categories! #1 in 4 Categories!



Congratulations!



#1 International Best Seller in U.S., Canada, and Germany! Best Seller in 18 Categories! #1's in 4 Categories!



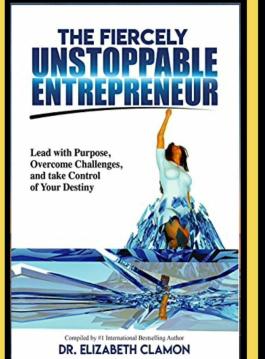


Congratulations to these authors who took a risk to share their heartbeat with the world around them. Would you like to join their ranks and let your message ripple out? Talk with Rebecca at [www.meetwithRebecca](http://www.meetwithRebecca.com).

Congratulations!



#1 International Best Seller in U.S., Germany, U.K., India, and Australia! Best Seller in 44 Categories! #1 in 6 Categories!

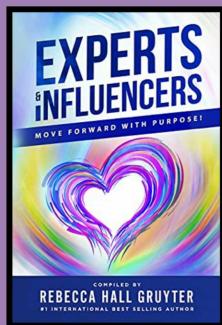


The Fiercely Unstoppable Entrepreneur
Lead with Purpose, Overcome Challenges, and take Control of Your Destiny
Compiled by #1 International bestselling author DR. ELIZABETH CLAMON

Congratulations!



International Best Seller in U.S., Canada, France, and Australia! Best Seller in 43 Categories! #1 in 2 Categories!



EXPERTS & INFLUENCERS MOVE FORWARD WITH PURPOSE!
COMPILED BY REBECCA HALL GRYTER #1 INTERNATIONAL BEST SELLING AUTHOR

Congratulations!



#1 International Best Seller in France, U.S., Canada, and Brazil! Best Seller in 48 Categories! #1 in 15 Categories!

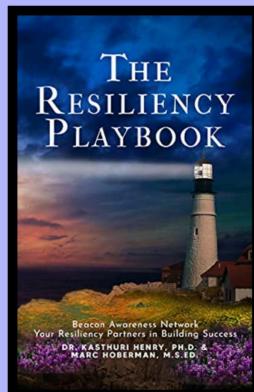


J'AI VÉCU LA MÊME CHOSE QUE TOI
Histoires Inspirantes de Femmes COMPLÉTÉES PAR SOPHIE ROUMÉES

Congratulations!



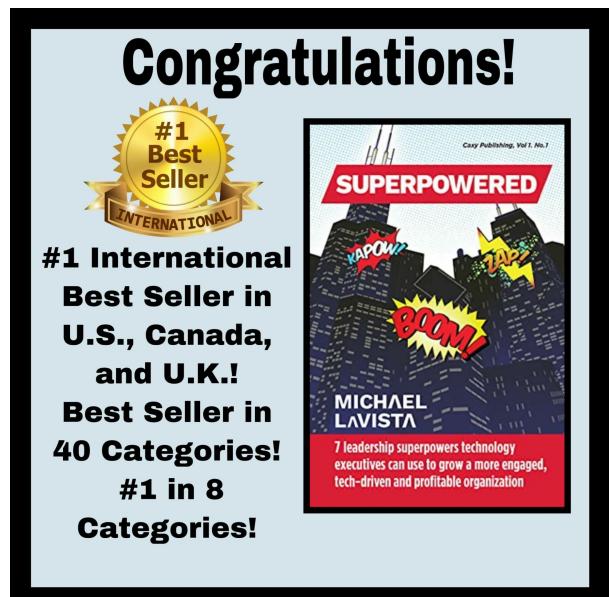
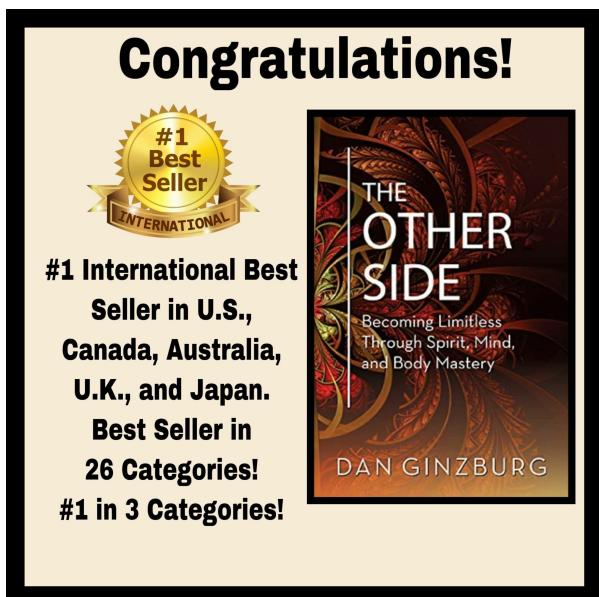
#1 International Best Seller in U.S., Australia, India, Canada, Mexico, and France! Best Seller in 33 Categories! #1 in 3 Categories!



THE RESILIENCY PLAYBOOK
Beacon Awareness Network: Your Resiliency Toolkit in Building Success
DR. KASTHURI HENRY, PH.D. & MARC HOBERMAN, M.S.Ed.



Congratulations to these authors who took a risk to share their heartbeat with the world around them. Would you like to join their ranks and let your message ripple out? Talk with Rebecca at www.meetwithRebecca.com.



WHAT ABOUT
YOUR BOOK?



In the Spotlight

a chat with an expert

Meet Sophie Roumeas: Therapist, coach in mindfulness, Writer

Ready to be inspired by another amazing author? Here's another inside peek into the life of one of our contributors. Jaimie Harnagel is a Reiki Master, Shamanic Practitioner and Crystal Intuitive, as well as an Author. Her chapter in Rebecca's book, *The Animal Legacies*, is titled "Paw Prints on My Soul."

Her purpose is to empower other women to live vibrant lives. Her mission is to share joy and love. Let's hear more about this vibrant woman and her chapter in this inspirational book...

~Share something you are passionate about:

I am dedicated to facilitating the personal growth. There is no one way to achieve our life purpose as we are shaped by our emotions, our beliefs, our behaviors, our spirituality and our trust but also fears, doubts...

By using family constellations in my practice, I realized that there is almost always someone hidden behind our blockages, limitations and sabotage: this is what we call “invisible loyalties”, aware of it or not, to our ancestors but also to our partners, loved ones, educators... since childhood.

Helping people to be at peace with their family tree and to unveil their personal destiny is part of my passion and mission

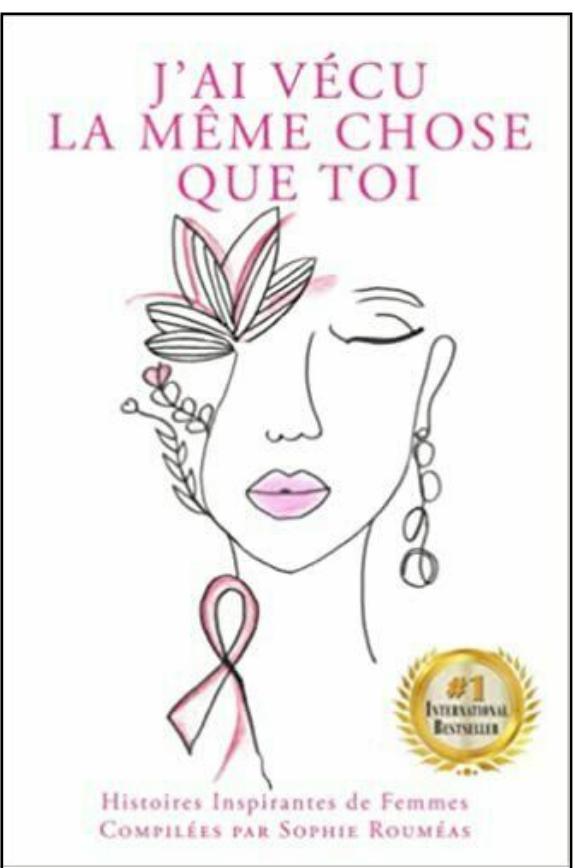
~What are some ways you are helping to bring this forward in the world?

I am currently working to the second version of a digital summit called Healing the Family Tree for Fall season. We'll be merging disciplines and expertise of practitioners to offer live experiences for our attendees.

~Describe something our readers today can look forward to discovering in your book, *I Too Lived It* (the original title in French: *J'ai vécu la même chose que toi*):

This French anthology compiles twelve unique stories told by young women storytellers, poets, artists, mothers, sisters, committed friends... All have one thing in common: they have lived the ordeal of breast cancer, and have walked the road to recovery with courage, determination, sometimes doubts and often suffering, but always with the deep motivation to come back.

This intimate book is meant to be an inspiring traveling companion with quotes throughout the chapters, for a friend, a parent,



a life partner, a caregiver and anyone who wishes to understand this stage of life as closely as possible.

~What are 1-3 tips you can give our readers today to help them step forward in their lives more powerfully?

Life is not always a piece of cake but when we agree to pay attention to the signs and synchronicities offered to our senses in daily life, we can find a lot of meaning in our challenges, to transform them in understanding, compassion and wisdom.

Become the observer of your own destiny. Design each day in the unique shape of spreading happiness inside and outside. One breathes at a time, I cannot recommend enough to dedicate your awareness to meditation a few minutes per day.

~Will you share a client success story?

There was a time one woman was fighting to come back in her life at peace and healed from breast cancer: Sabrina, mother of two beautiful children is also a teacher for young children. We met during a week of healing program in mountains in 2020 while I was part of the therapists' team. Her story touched my heart, I felt her deep desire to dive into creative expression. A few months after, Sabrina agreed to be part of the book I too lived it, an anthology composed with twelve chapters written by breast cancer survivors, that has become an international best-seller. Not only she wrote her chapter as a co-author, but she also created the drawing on the cover book! Sabrina is to me the wonderful example of how a woman in love with life, herself and her beloved family found her way to heal and to transcend her experience with cancer as a new beginning to give voice to her soul!

~What tip or piece of advice can you share with our readers today to empower them to SHINE?

You don't need to know everything before trailing the new chapter of your life. Get started then after the first step the new one will appear. When you meet shadow, embrace it as a blessing to find the side of light. Allow yourself to be facilitated by a coach or a therapist to activate your resilience and your inner resources at their best for your evolution. Get to know your real motivations. Ask yourself if your motivations are really yours or belong to someone else around you or in your genealogy. A real motivation is a great fuel for making your dreams and projects become real.

~Any final thought, share, or idea that you would like to share with our readers?

The voice of our way is sometimes long overdue. However, it is not weak, it is our internal hubbub and the one we surround ourselves with that mask it. Have faith in your path. It is revealed to you at the rhythm of your silences.

For more information, Sophie can be reached at
www.alpesmeditation.com or www.sophieroumeas.com





In the Spotlight

a chat with an
expert

Meet Elda Robinson: Retired Educator and Author

Ready to be inspired by another amazing author? Here's another inside peek into the life of one of our contributors. Elda Robinson. Elda is a retired Christian school educator with a love of learning and encouraging others. Let's hear more about this vibrant woman and her soon-to-be-released book, that honors a special relative and encourages others to reflect on their lives.

~Share something you are passionate about: I thoroughly enjoy learning and

reading. Then I use what I have studied to help encourage and build up others.

~What are some ways you are helping to bring this forward in the world?
I use the tools I have to share insights and encouragement to others.

~Describe something our readers today can look forward to discovering in your book, A Simple Cup of Ty:

They can learn some fun facts, maybe even some new words and then reflect on thought-provoking quotes to help them be encouraged to continue to grow.

~What are 1-3 tips you can give our reader today to help them step forward in their life powerfully?

1. Don't sell yourself short.
2. Don't listen to the complainers and doubters.
3. Don't fear change.

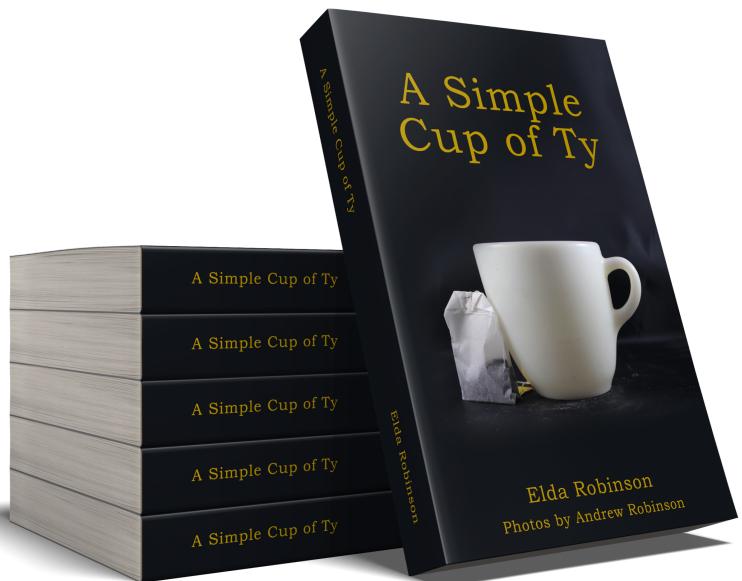
~What tip or piece of advice can you share with our readers today to empower them to SHINE?

Be FAT! Faithful, adaptable and teachable.

~Any final thought, share, or idea that you would like to share with our readers today?

I found this quote from Sandbox Wisdom by Tom Asacker that is worth considering. "Because when you change your mind, Bill, then you change your life".

There might be another book coming!



For more information, Elda can be reached on FB and LI
her email address is: bowtieshoes21@gmail.com



Stay Balanced with Acupressure

Energy flows through the body along meridians, or pathways. When energy flows smoothly, you are in balance. And balance helps the immune system do its job of fighting off viruses and keeping you healthy.

But when energy gets blocked, toxic dams build up that affect the energy flow throughout your body and put you out of balance. What causes these blockages?

Physical ailments, injuries, and chronic conditions can impact the body's energy balance. But the biggest culprits are emotions and thoughts. On one hand, a positive attitude can support balance, but on the other hand, negative thinking can take you out of balance faster than a blink of the eye. So being proactive is the best way to help yourself stay ahead of the game.

This past year-and-a-half, so many of us have been on an emotional roller coaster. I hear how people are feeling frustrated and finding it hard to stay focused, handle everything on their plate, and get things accomplished. Have you noticed yourself more on edge than usual? It's tricky to feel grounded and balanced when you're experiencing upsetting emotions, stress, anxiety, or a sense of waiting for the next shoe to drop.

Your feelings are important because they give you information about what you need to address in your body. Whether it's frustration, worry, fear, or sadness, you can help minimize the discomfort before it takes your breath away. It begins with awareness. When you are aware of what is going on around you, and within you, you can transform your old patterns and emotions.

Acupressure Supports Balance and Wellness

The good news is that you can calm yourself and reduce upsetting emotions whenever you need to. The relief is in

your fingertips — through a practice of self-help acupressure. Like acupuncture, acupressure has been around for thousands of years. Acupressure, however, requires no needles. You simply apply a light, gentle touch to access the energy balance points that are located on the energy meridians that run throughout your body.



A good place to start is by becoming aware of your breathing. Breathing fully and deeply is essential to the body's smooth-flowing energy system. Is your breath shallow, constricted, or quick? Try this easy acupressure technique to open up your breath and settle your emotions.

Calming Self-Care Acupressure Technique

Fold your arms across your chest and give yourself a big hug. While lightly placing your fingertips on the opposite arms, inhale deeply and exhale fully. Breathe in restorative oxygen and breathe out toxic carbon dioxide. Touching the energy balance points that are between the shoulder

and the elbow allows the body to calm down, relieve anxiety, let go of fear, and release old patterns that get in our way. Because the pose naturally drops the shoulders and opens up the back and neck, it feels good physically, too. Hold this pose for a few deep breaths.

Touching and holding energy balance points in combination releases blocked energy in your body and creates new patterns of vital, free-flowing energy. It's easy to learn, simple to do, and the benefits are noticeable immediately. Anyone of any age can use acupressure to bring balance and harmony to the body and mind. It's a great tool for kids too! Acupressure gives your body a better chance of not creating health "projects" that can hold you back from being who you want to be and doing what you want in the world. I like to use the word project instead of problem to describe any issue your body is having. Projects are more fun to work on, and they have a beginning and an end. You don't have to stay stuck when you have self-care tools to work with.

When you practice expanding your breath and balancing your energy daily, you support your whole self — physically, mentally, emotionally — to handle whatever might come at you, like trauma, injury, illness, fatigue, and strong emotions. A body in balance makes for a happier you!



A certified Acupressurist and Jin Shin Jyutsu practitioner, Deborah Myers helps you relieve pain, balance emotions, and increase vitality through private sessions, group classes, and workplace wellness workshops. She has created a self-help animated video program for kids to use at home and in schools, and Deborah's Productive Mindfulness School Program is making a difference for students, teachers, and parents! You can find her at [www.deborahmyerswellness.com](http://deborahmyerswellness.com).

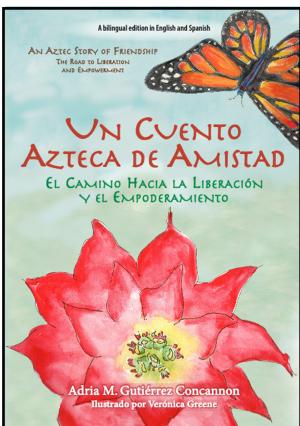
Get out of Pain *gain ease*



Deborah Myers Wellness

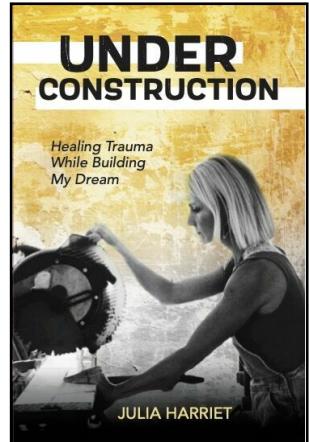
Acupressure for kids and grown-ups
deborahmyerswellness.com

These powerful books are releasing soon!



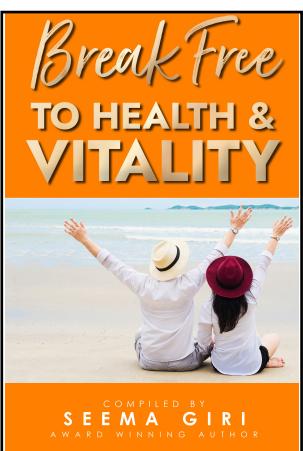
September 14 – An Aztec Story of Friendship: The Road to Liberation and Empowerment by Adria Concannon.

Discover a trip to the past breaking through old traditions and bringing them forward to a world of inclusion and solidarity, doing the right thing.



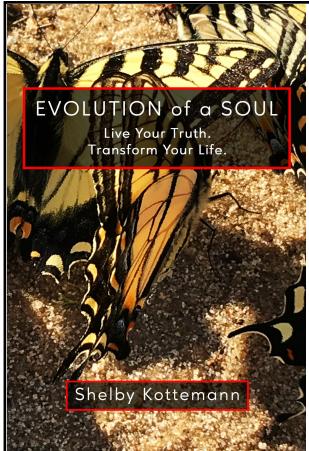
September 28 – Under Construction by Julia Anderson.

Embrace the permission to follow your heart's desire, to not become victims of circumstances, and to stand tall and proud as builders of their dreams.



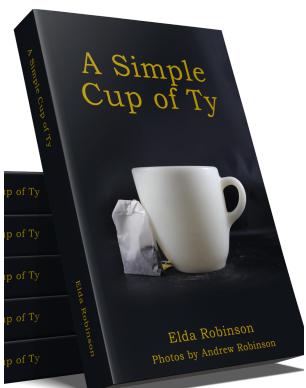
October 12 – Break Free to Health & Vitality compiled by Seema Giri.

A powerful resource to those that are looking to learn and grow around health and wellness.



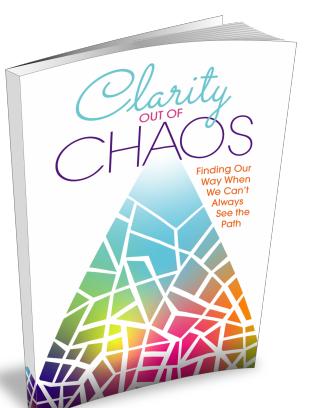
October 14 – Parenting Happy Teens by Dr. RJ Jackson.

It's an inside job!



October 19 – Evolution of a Soul by Shelby Kottemann.

Live your truth. Transform your life.



October 20 – A Simple Cup of TY by Elda Robinson.

A journey of thankfulness.

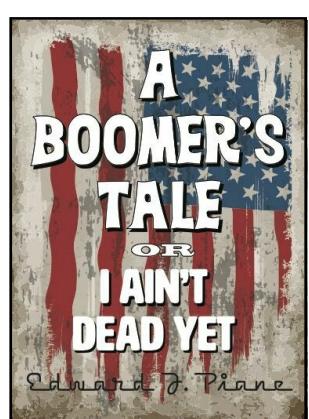
October 21 – Chaos to Clarity led by Cathy Davis.

Finding our way when we can't always see the path.



October 22 – Adornment by D. Etienne Wiggins.

A beautiful children's holiday story.



November 10 – A Boomer's Tale by Ed Paine.

A personal memoir.

December 16 – The Art of Leadership led by Seema Giri.

The art of leading powerfully.

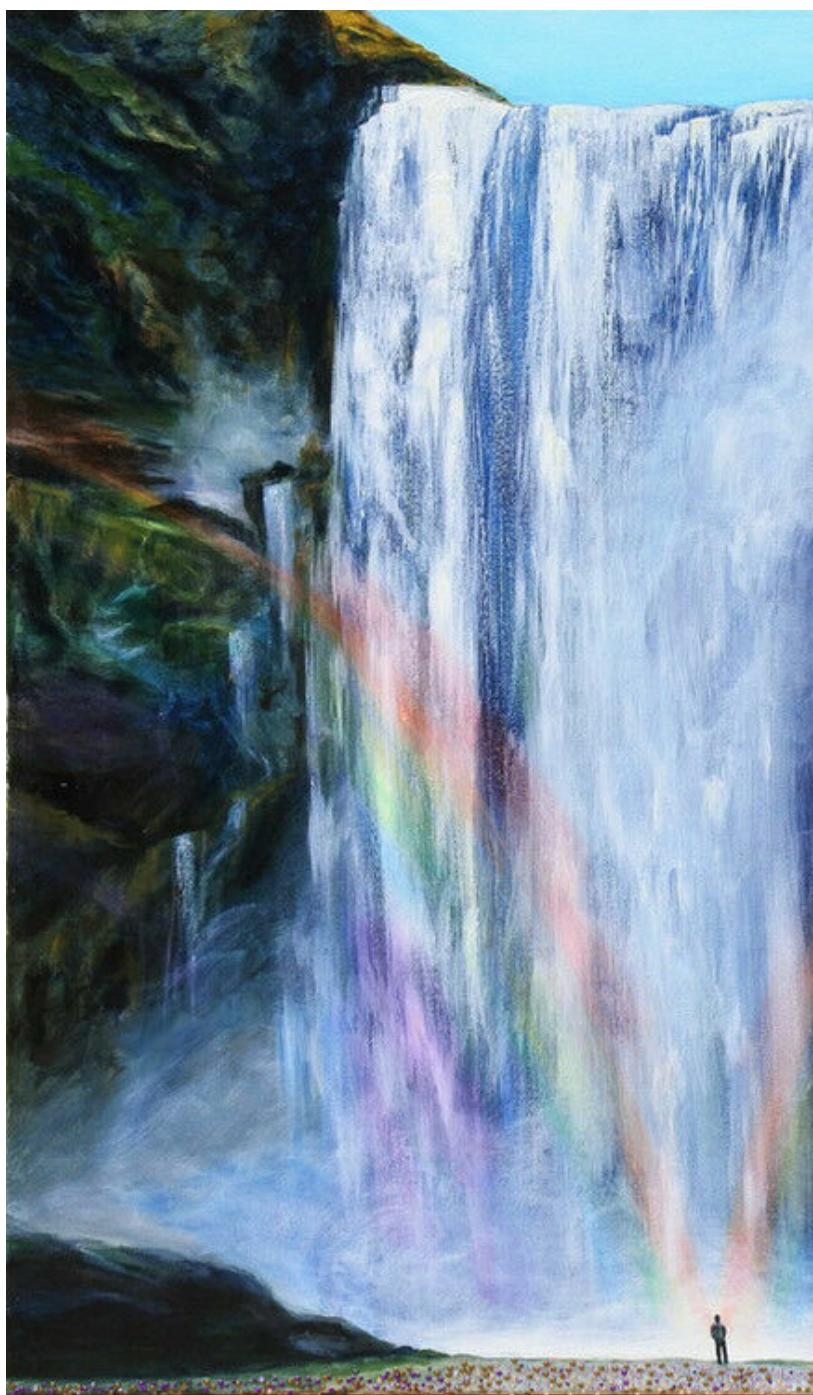
Soul's Journey

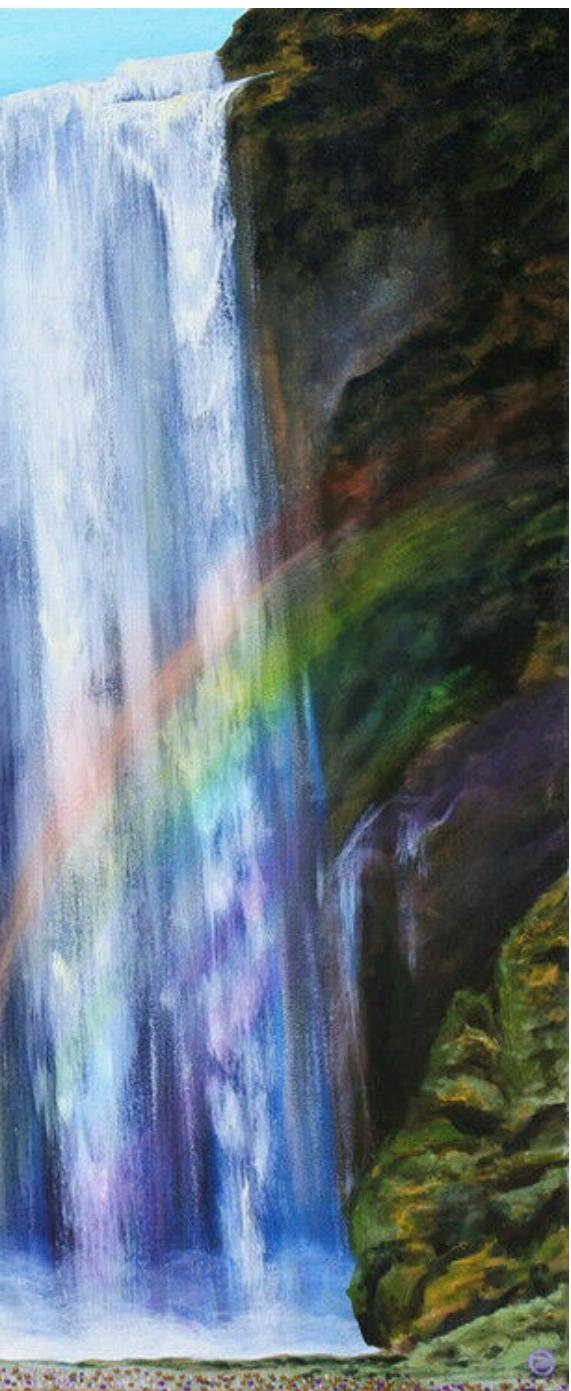
THE POET'S CORNER

reflections from our featured poet, Sam Yau, whose collection "Soul's Journey" became an international bestseller



Sam Yau is a retired business exec who now writes poetry on the soul's journey. Find him at samyaupoetry.com.





Painting by Olena Zavakevych

The day you were born,
you were given four gifts:
self-awareness,
free will,
an ego,
and forgetfulness.

Who animates your heartbeat,
activates your breath,
comforts you when you are sad,
celebrates with you when you are joyful,
shines light through your darkest days,
surprises you with joy in your deepest
sorrow?

Who awes you with
the sun's first beam that pierces the hilltop,
the sunset cloud that sprays golden rays,
the wind that waves the green wheat field,
the glint that bounces on a blanket of white
snow?

Who nudges you to
seek meaning and purpose,
expand your circle of love,
arrive at the unity in diversity,
find your way back to Source?

You surge
from the ocean of awareness
as a desire of the Divine
to experience Itself as the unique you:
one strand of the infinite glory
and variety of Its creations.

You are a wave rising up to
the beautiful dance of life,
remerging into eternity

Celebrate with Us!! The "Experts & Influencers: Move Forward with Purpose!" Anthology Became a #1 Bestseller in the U.S. and a Best Seller Internationally!

In July we released the third book in our Experts & Influencers anthology series, Experts & Influencers: Move Forward with Purpose! Within eleven hours of its launch, it hit International Best Selling Status! It hit #1 Best Selling Status in the U.S. and Best Selling Status in the U.S., Canada, France, and Australia, in 43 categories and #1 in two categories! We are so excited for and proud of all our amazing contributing authors. You can get your digital or paperback copy on Amazon here.

In creating this book, we invited powerful experts and influencers to share their wisdom so that, together, we can lift each other up, help each other to grow, and make a greater impact than we would ever be able to achieve on our own.

Our 10 authors have opened their hearts and their experience to share insights, tips, and tools that will help readers step forward in life and business with more purpose and meaning. As compiler and co-author, Rebecca is honored to have collaborated with each and every one of these authors who bring their own unique experience and perspective to their message. She is so very grateful they said YES to us, to themselves, and to you!

The book is divided into three sections to support you in moving forward with purpose:

Section 1: Connect More Deeply with You and Your Purpose, with authors Wendy K. Benson & Elizabeth A. Myers, Aeriol Ascher, Yvonne Mughal, and Shauna Cuch

Section 2: Move Forward with Purpose & Impact, with authors Amy L. Riley, Karen Wright, Tina Kay, and Rebecca Hall Gruyter

Section 3: Reflection for Your Journey, with inspirational poetry by Sam Yau

Our hope is that the words of these powerful experts and influencers will ignite a fire within, inspire courage, and bring more focus to whatever its readers are bringing forward to the world.

To learn more about this book and its contributors, listen to our Special Author Series featuring interviews with the authors on the Empowering Women, Transforming Lives radio show which airs every Thursday on the VoiceAmerica radio network. If you would like to gain “insider” wisdom and tips on how to bring your own message more powerfully forward, tune in to The Author’s Journey podcast which airs every Monday as features interviews with authors and others inside the book publishing industry.



