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As a minister, wife, mom of 7, corporate professional and entrepreneur you can imagine that my plate is not just full but overflowing. New Year's Eve 2015, I found myself in a dark and sad place. What should have been a wonderful celebration for an amazing year for me and my family, turned out to be my turning point.

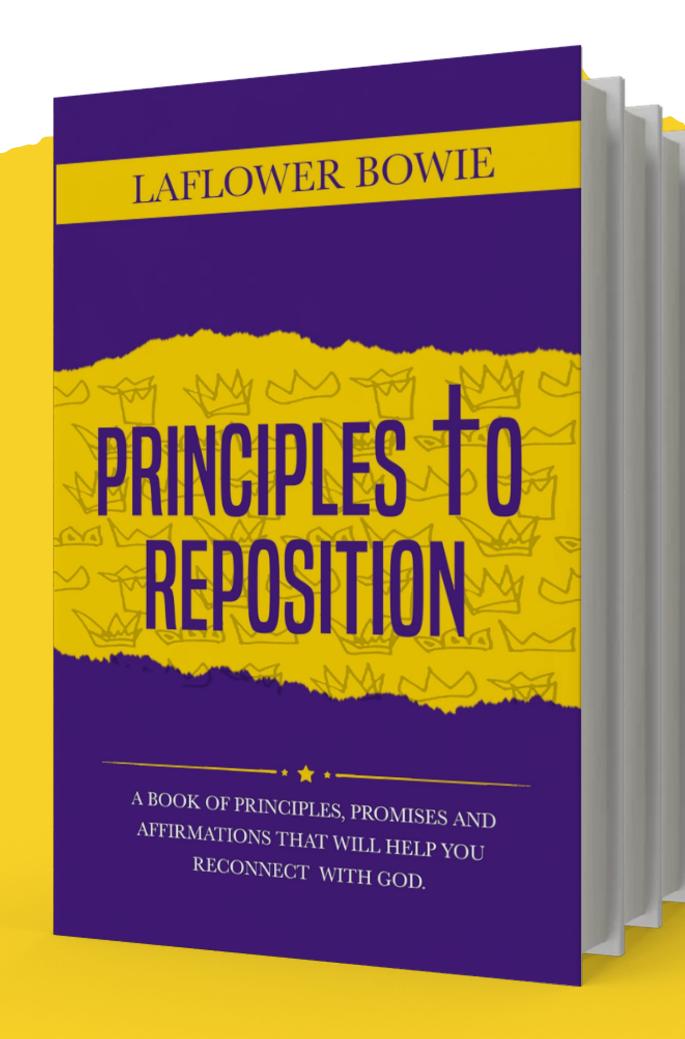
I had an epiphany: I WAS NOT TRULY HAPPY and felt as if I was simply EXISTING and not LIVING. I set out on a journey of discovery looking for happiness and wholeness. During my journey I discovered that there are four pillars in life that I needed as a foundation for Happiness and Wholeness. Faith, Family, Fitness and Finance.

It has taken me years to get where I am today. During some of my darkest times, I wished I had a coach or someone who truly understood what I was going through therefore I am on a mission to help as many woman and couples as possible. Being a catalyst within my clients journey to happiness and wholeness is one of the best feeling in the world.



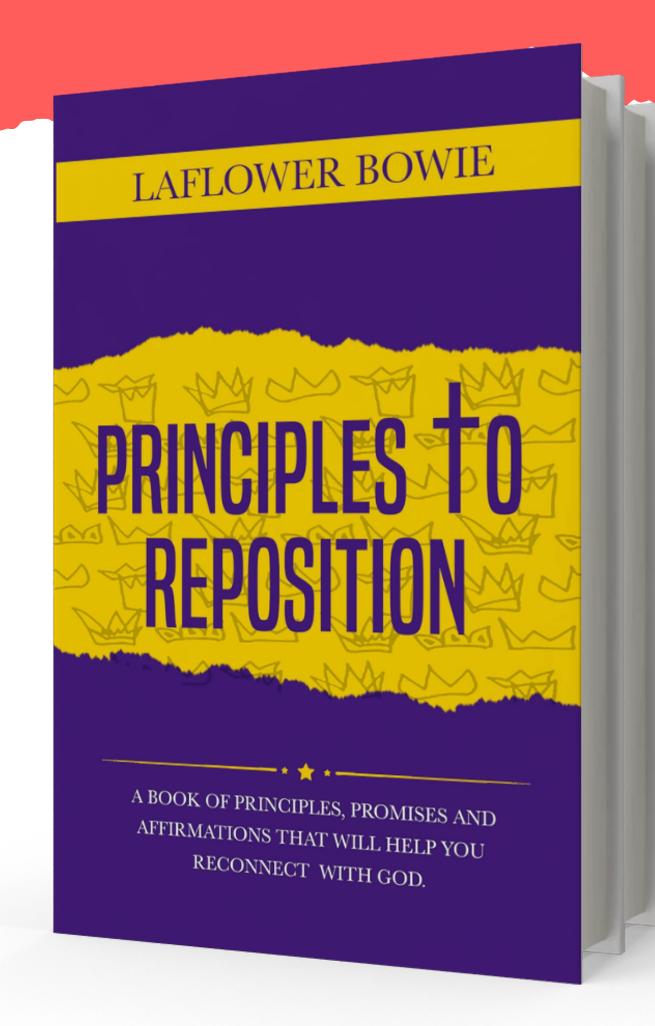
#### PRINCIPLES TO REPOSITION

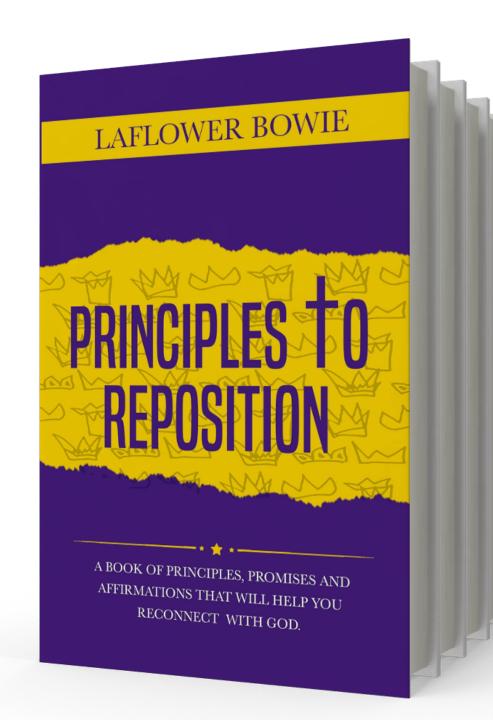
is filled with concepts and truths that I used during my journey to happiness and wholeness. The principles, promises and affirmations shared in the book are vital to anyone who desires to reposition back to a purpose driven life. Readers will learn about the importance of standing in truth no matter the cost. We were all created for an amazing purpose but so many times we get lost in the day to day life of work, family and business. The book includes beautiful promises that the Most High has made to us and within those promises affirmations are used to remind the subconscious of the greatest that is within.



#### **EXCERPT CHAPTER 8:**

The Father of Lies Unworthiness is a lie that is used to keep us from operating in our royal Kingdom flow of life, it will subconsciously sabotage your flow. My unworthiness opened the door of self-sabotage in every area of my life including parenting, relationships, sex, work and communion with God. When you take on the lie of unworthiness your standards are lowered and mediocrity becomes the new norm. Dreams, goals, and aspirations are put aside as you began to focus on pleasing others. While one is in an unworthy state of mind self-care is at the bottom of the to do list.





At one point, I felt so unworthy that I compromised my morals and standards by marrying someone who was unequally yoked, staying married to a man that was not being led by God, a man who did not value me as his wife, a man who cheated numerous times, a man who fathered a child with his ex while we were together, a man who verbally and physically abused me and the list goes on and on and on. Unconscious self-doubt, opened the door for me to connect with men who I knowingly had situations which in turn fed the lie of feeling unworthy and inadequate to others. For so many years I would constantly look to my right and left at other women and their

appearance, their homes, their cars, their businesses and feel as if I would never have those things because of being unworthy and inadequate on whatever level I assumed those individuals were on. Even though I was working hard to accomplish my goals it felt as if somethings would never flow as expected. There were even times when I considered my lack of success being a result of my sinful nature.

#### WHEN DID THE BOOK IDEA COME TO YOU?

The idea of the book came to me while looking back over my personal journey and how far I have come.

## WHY DID YOU WRITE PRINCIPLES TO REPOSITION?

I wrote the book because in coaching and interacting with others, I realized that there are so many people who felt the same as I did. So many who desire more and are tired of simply existing and not living.

## WHAT DO YOU WANT READERS TO LEARN FROM PRINCIPLES TO REPOSITION?

I hope that readers learn and apply some of the principles and stand on the Promises from the Most High in order to assist in their journey back to happiness and wholeness.

### TELL US ABOUT YOUR PUBLISHING JOURNEY.

I decided to take to self publishing route. Being that this is my first book, I wanted to be hands on in every step in the process. One of the best decisions I made was partnering with a mentor who has been successful and is now coaching and teaching others how to do the same.

# FOR MEDIA, KEYNOTE & CONSULTATIONS VISIT

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