

Connecting Destiny to Destiny

Distinguished Woman

Magazine

Summer 2023

*God Keeps His
Promises!*

The Unmasking Guru

*Dr. Michelle
Boone-Thornton*

*You Can Be Your
Authentic Self!*



SUMMER 2023

Distinguished Woman

A FREE DIGITAL MONTHLY MAGAZINE

The DISTINGUISHED WOMAN MAGAZINE is a FREE monthly digital magazine that spotlights accomplished women of color ages 60-plus to mentor, inspire, and motivate the next generation of women via publication and social media connection.

A different accomplished woman of color will be featured bi-monthly. Her life's journey will inspire and motivate you to live your best life.

A Distinguished Woman is mature, wise, sharp, accomplished, and has a good reputation.

PUBLISHER & EDITORIAL DIRECTOR

SoAllMayKnow Publishing

Dr. Caretha Franks Crawford

Creative Design - Dr. Caretha Franks Crawford

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Inside this Issue

DR. MICHELLE BOONE-THORNTON

Dr. Michelle Boone-Thornton, the Unmasking Guru, life's goal is to help others live an emotionally balanced life. She has presented numerous workshops and seminars globally on mental health. Many have discovered their purpose and unlocked their gifts and talents due to her work. Dr. Boone-Thornton holds several degrees. She is an author, educator and international speaker. She has received numerous awards for her work. She is also, a member of many boards and organizations. You will be blessed by her story.

This issue will also remind you that "God Keeps His Promises."

While You're Taking A Look Around Check Out:

- The Book Shelf and..
- Apply the Health Tip of the month from Total Person Concept!

On the Cover:

Dr. Michelle Boone-Thornton



For all the promises of
God in Him are Yes, and
in Him Amen, to the
glory of God through us.
2 Corinthians 1:20

God Keeps His Promises

The Bible is replete with promises that God made to His people. Some of these promises are to groups, organizations, families and individuals. Many times, God doesn't put a timeline on the promise or say when it will be fulfilled. Therefore, we tend to create a deadline for its delivery. Also, we usually get impatient waiting on the manifestation of the promise.

As you know this was the case with Abraham and Sarah. God promised them a child from their own bodies, but they grew old, past child bearing years, and still no child. Therefore, they decided to help bring the promise to life by concocting their own plan. Of course, their plan failed. Even though we know this scenario very well, in our impatience, we make the same mistakes in some form or fashion.

God is faithful. His faithfulness can be seen not only throughout the pages of the Bible, but also in our modern-day world. We experienced God's faithfulness in our own lives. Yet, from time to time, we grow weary waiting on the fruition of the promise. Our due season usually doesn't come on our timeline.

Getting anxious and trying to force the promise doesn't move God. So, you might as well take a chill pill and wait for His appointed time. In the meantime, chew on the following Scriptures as "comfort food."

"For the vision is yet for an appointed time; but at the end it will speak, and it will not lie. Though it tarries, wait for it; because it will surely come, It will not tarry."

Habakkuk 2:3

"God is not a man, that He should lie, nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?"

Numbers 23:19

"Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord!"

Psalm 27:14

I pray as you meditate on these Scriptures that they will encourage you to wait patiently for your due season. Yes, it will come if you don't grow weary and give up.

Dr. Caretha Franks Crawford
Founder, Distinguished Woman Magazine

<https://drcaarethacrawford.com>



Healing: One of God's Promises...

"...who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed." 1 Peter 2:24

 **THE POOL OF BETHESDA** 

**DO YOU WANT TO BE
MADE WHOLE?**

John 5:6

**FREE CLASSES
IN PERSON & ONLINE
TUESDAYS - BEGINNING
SEPTEMBER 12, 2023 @ 11:00 AM**

**Healing is the
Children's Bread**

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." 3 John 1:2

**GRASP THE PRINCIPLES
OF HEALING**

**THE GATEWAY TO WHOLENESS
MINISTRY CENTER
1450 MERCANTILE LANE #137
LARGO, MD 20774**

**Apostle Caretha Franks Crawford, D.Min
Facilitator**

scan to register



It doesn't matter where you are in the world, you can participate in these classes. You can join us by Zoom or attend in person.

You must register @

<https://drcarethacrawford.com/empowerment/>

or scan QR code



Fill out the form and submit

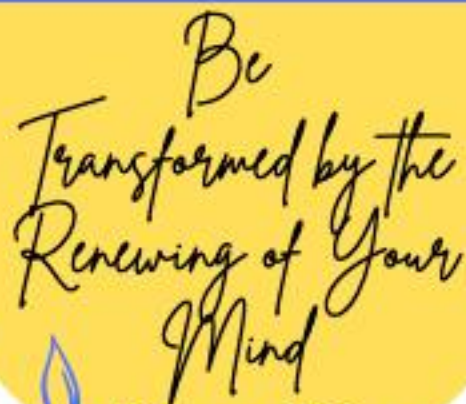
Tip: to scan QR code, hover your phone camera over code and click on the yellow text that appears.



Dr. Michelle Boone-Thornton



Dr. Boone-Thornton is a native of Hampton, Virginia. She has championed education from kindergarten through college. Her love for education was reinforced by her parents who were both educators. Dr. Boone-Thornton thoroughly enjoys teaching and is grateful for the opportunity to help students of all ages discover their purpose, uncover gifts and talents, and expand their worldview. Dr. Boone-Thornton believes that learning is a reciprocal process that creates a natural interactive exchange of ideas, visions, and creativity. It produces a unique opportunity for the teacher and learner to extend personal boundaries, create new constructs, and experience the vulnerability and strength of the human spirit.

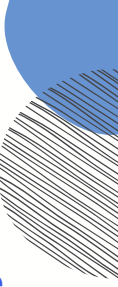
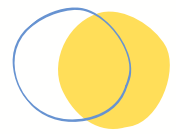


Be
Transformed by the
Renewing of Your
Mind

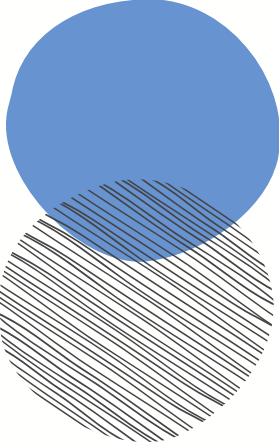
Romans 12:2



Dr. Boone-Thornton



holds a bachelor's in Social Work, Master's in Urban Education Guidance and Counseling and doctorate from Regent University in Educational Psychology with a concentration in Research. Dr. Boone-Thornton is certified through the Commonwealth of Virginia as a Qualified Mental Health Provider with a specialization in child & adolescents treatment. As a practitioner, she has provided direct, supervisory, and administrative services in mental health working in residential, community-based, Title-I schools, and juvenile court programs throughout Virginia and Alabama.



In higher education, Dr. Boone-Thornton has served in many capacities. They include Adjunct, Assistant, Associate, and Tenured Professor. She was the Associate Chair of Undergraduate Human Services Program at Saint Leo University, and is currently the Assistant Professor and Assistant Director of the Doctorate in Counseling Ministries program at Regent University,



*International
Speaker, Author &
Educator*

As the **Unmasking Guru, Dr. Boone-Thornton** combines her 25 years in the field of mental health with the joy of teaching to help people improve their emotional wellbeing, discover their purpose, uncover gifts and talents, and connect with their true authentic self. She is an advocate for vulnerable populations and is actively engaged in efforts to empower and uplift those whose voices have been silenced due to oppression, limited/no resources, mistreatment, and lack of education. Dr. Boone-Thornton has created and published her book series Transforming Your Reality Removing the Mask 2022. The series includes a workbook and companion journal. The workbook provides a brief overview on “Why we mask”, and outlines a gradual process for exhuming buried pain, trauma, grief, hurt, abuse, and other emotions..... The workbook is designed to be a standalone instrument of CHANGE. However, to receive the maximum benefit it is recommended that the entire platform be utilized to include the essential book in the series that is scheduled to be released in September 2023, Transforming Your Reality: Removing the Mask- A Guide to Discovering Your Authentic Self. The book will be featured at the Transformational Writer’s conference in Puerto Rico in December 2023. The Transforming Your Reality series includes presentations, lectures, workshops, and training that began virtually in 2021 and are now both virtual and in-person.

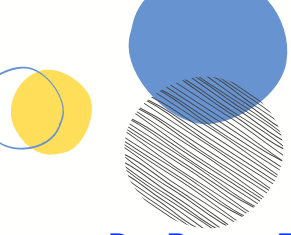
Improving Your Emotional Wellbeing

Dr. Boone-Thornton’s other published works include chapters in four books, Looking for Me and From Death to Renewal in the book, Empowering You: Let Go of The Past & Step into Your Greatness (2023). Cultural Competency (co-authored) in the e-book, Community Partnering for the Advocacy of Mental Health (2021). Soul-Care Shifts- Release and Refill in the book, Rhythms of Rest: 40 Devotions for Women on the Move (2021). Understanding Crimes Against and Amongst LGBTQ through an Intersectionality Lens in the book, Women, Minorities, Criminal Justice: A Multicultural Intersectionality Approach (2020).

Dr. Boone-Thornton published an article in an international magazine Emotional Wellbeing in Kenya and has co-authored two journal articles, Job burnout: Causes and prevention from Human Services perspective and Teaching in a pandemic era: Special considerations. In the Council for Human Services Education Bulletin, Dr. Boone-Thornton co-authored two instructional articles Web-based Teaching Tools to Enhance the Online Learning Experience and Academic Learning & Professional Development through Simulated Avatar Experiences.

Internationally, Dr. Boone-Thornton co-authored a paper that she presented, and was published in the conference proceeding in Madrid Spain, An Interdisciplinary Approach to Entrepreneurship: A Theoretical Model for Starting a Non-Profit, she was a visiting professor at Comillas Pontifical University, Madrid, Spain. Dr. Boone-Thornton has presented at over 50 different conferences throughout the US and abroad.





Dr. Boone-Thornton shares her mental health expertise which is the foundation for the Unmasking Guru platform to educate and bring awareness to the topic of emotional wellness and mental health in interviews on a variety of programs that have been viewed and heard across the globe. They include The Empowering You Show host-B, H. Smith Associates, The WomeNomic\$ Show with Linda Pringle Evans, Love Misunderstood Institute host- Stephne Hockenhull, Black Business News host- Dr. Linda Mitchell, and BLifted-Up Sirius XM Radio Channel 141 with Dee Marshall and Alfred Edmonds Jr.,

Dr. Boone-Thornton presents an excerpt from her Removing the Mask series which airs monthly on YouTube, Facebook, and Hulu on the Black Business Olympics Expo Network hosted by Dr. Eric Kelly, III. Dr. Boone-Thornton began presenting the series throughout the USA and internationally in April 2023.

Dr. Boone-Thornton has been appointed and serves on numerous boards. She is the policy board Chair on the Virginia Alcohol Safety Action Program Advisory Board. For two consecutive terms 2017-2023, she represented the City of Hampton and now is a member emeritus. She serves as the Vice Chair for the Natasha House which is a transient program for homeless women and their children, and she is a member of the Virginia Peninsula Community College Advisory Board.

Dr. Michelle Boone-Thornton learned about community services from her parents who served in various community and mentoring programs throughout their adult life. Michelle is a member of the following organizations, W.O.W -Women on the World State, The National Association of Negro Black Professional Women's Club-Hampton, Zeta Phi Beta Sorority Inc, Alpha Beta Zeta Chapter Newport News/Hampton (legacy), the National Organization for Human Services,



*Dr. Michelle can
help you
Remove Your
Mask!*



Christopher Newport University Alumni Peninsula Chapter, and executive team leader for the Southern Christian Leadership Conference of Newport News. She is a distinguished faculty member and advisor for Phi Gamma Mu International Honor Society and is affiliated with a host of other organizations.

Dr. Boone-Thornton has received numerous awards for her community, university, and international service. Her most recent awards include the prestigious I Can Change Nations World Civility Astell Collins Global Inspiration Award as a Generation Leader (2022) and the I Can Change Nations Builders in Action Legacy Award (2023) for recognition of her service in Nairobi, Kenya. In 2023, she received The NANBWPC National Sojourner Truth Meritorious Service Award for community service.

While in Kenya Dr. Boone-Thornton participated in a 2-day International Business Connect Summit at Kenyatta University in Nairobi, Kenya in 2022. She spoke at the Best Life Tour 2022 & 2023 and served as a US Delegate at the Kenyan Parliament discussing education and mental health with the Speaker of the National Assembly of the Republic of Kenya 2023. During both visits she visited Maasis Mara villages, enjoyed the safari and attended a church service at the Nunguni Village in East Kenya. The greetings from the village children is the highlight of my trip every time I go. Dr. Boone-Thornton embraces the opportunity of having a platform to help ignite and grow successful leaders internationally. Dr. Boone-Thornton believes that leaders must be mentally and emotionally strong to show up as their authentic selves, lead, and create an atmosphere for others to follow.

Dr. Michelle Boone-Thornton has been married to Virgil G. Thornton Sr., for 34 years. Together, they have three adult children Courtney M. Thornton, Marrisa N. Thornton, and Virgil G. Thornton, II. CMV Communicators, LLC. is their family-owned business. Our mission and philosophy are simple, we strive to assist individuals, organizations, and companies in developing their true potential through total engagement. Combined, we share over 75 years of experience with expertise in fields such as: Computer, Electrical, and Environmental Engineering Aerospace Technology and Strategic Planning; Psychology, Publishing, Editing, Higher Education, Social Work, and Counseling. Our team consists of mental health specialists, educators, keynote and international speakers and authors, and certified trainers and coaches.

Professional Contact

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Regent University

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College of Health and Behavioral Sciences

Assistant Professor

Assistant Director Doctorate in Counseling Ministries Program

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Connect with...

*Dr. Michelle Boone-
Thornton*



Transforming Your Reality: Removing the Mask



by

Dr. Michelle
Boone-Thornton

[Purchase on Amazon](#)

This workbook can be used as a standalone instrument of CHANGE. But it is our hope, and our desire that you utilize the entire platform to include Dr. Boone-Thornton's workshops, presentations, workbook, and journal, to achieve maximum benefits. The dichotomous reality of change is that it can be both a barrier (bondage) and freedom (liberating). Dr. Boone-Thornton infuses her expertise of over 25 years in the field of mental health and education into workbook activities that are designed to help you peel back layers of emotions that have been entangled with the pain of our past and uncertainty of our future (removing the mask). Through the process of exhuming buried pain each person follows their specific journey of carefully designed steps to exhume buried pain, trauma, grief, hurt, abuse, and so much more that you have been masking. The steps are not one size fits all and can be taken individually, with support, or with assistance from professionals. This workbook will help you transition the pain of emotional turmoil from a hidden place of denial into the light of reality thereby helping to develop your true potential.

When God Winks, There Is No Doubt It's Him

By Dr. Caretha Franks Crawford

The term, Godwink, I understand, was coined by Squire D. Rushnell, and it means that God has done something personal and phenomenal in your life to the point that you know it had to be God. Supernatural events occur every day, but they often go unnoticed or unrecognized. On Thursday, April 13, 2023, I couldn't help but acknowledge that it was God winking my way. As I mounted the platform at Morehouse College Chapel, I wondered if I would wake up from a dream. Was I going to be inducted into the iconic Martin Luther King, Jr. Board of Preachers, or was someone playing a hoax? My mind was moving faster than my feet. When I turned to face the audience, tears tried to well up in my eyes as my spirit spiraled back to Jones County, North Carolina. Is this the same little girl who used to work in the tobacco and corn fields, play in the dirt, and use an outhouse as a toilet? Was I the same little girl whose only relief from frigid weather was a wood-burning stove? It couldn't be the same colored girl who learned to read with books from the white school. Wake up to reality, Caretha—yes, it's you! God has brought you to this moment and time because He's faithful, and He's rewarding you for your faithfulness; your willingness to give up your dreams and career to follow His lead into the ministry.

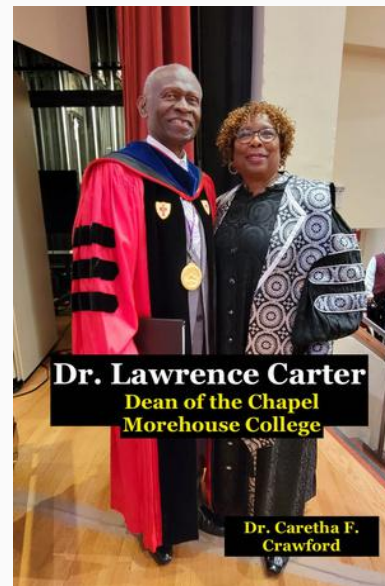
My body stood on the platform, but my spirit was giving thanks to my parents for their sacrifices and pouring out their love and guidance so that I might succeed in life and ministry.

God answered every prayer and heart's desire that I had for my trip to Morehouse College, starting with uneventful travels to Atlanta on Southwest Airlines and checking into my room at the Hyatt Regency Atlanta the moment that I arrived on Wednesday afternoon. BWIM (Black Women In Ministry) sisters were traveling to Atlanta from across the country. I was excited, tired, and hungry. Taking care of these needs was necessary because the following 24 hours would be fast-paced. Along with another sister, I grabbed a bite to eat and headed to bed for a refreshing nap before our mandatory afternoon meeting with my cohorts.

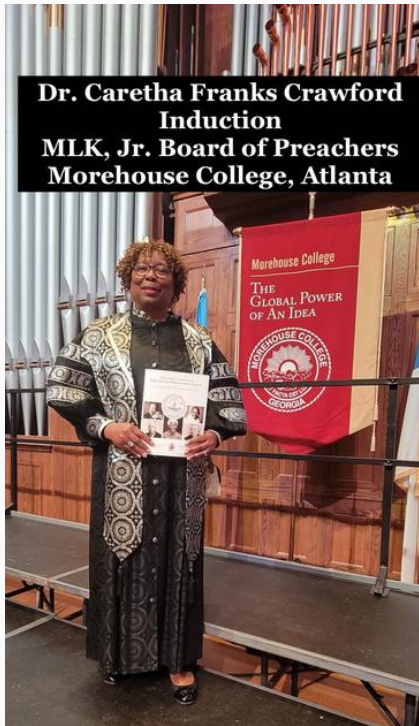
At the meeting, God continued to answer my prayers. Ambassador Suzan Johnson Cook interviewed Dr. Emilie Townes, Dean of Vanderbilt School of Divinity, and Brett G. Scharffs, J.D., Church of the Latter Day Saints (Yes, you read it correctly). Afterward, Pastor Brian Scott of Union Baptist Church of Harlem, New York, our co-lead, gave a dynamic and encouraging word on casting, catching, and committing the bold God-sized vision.

The R.E.A.L. Black Women In Ministry Thrive Initiative

Ambassador Suzan Johnson Cook
Visionary & Grant Director



My day, Thursday, April 13th, Induction Day, had an early start because I knew if I missed the happenings of the day, it would be a golden opportunity missed forever. My friend, Pastor Lea Philippe, had agreed to pick me and two of my BWIM cohorts up from the Hyatt Regency Atlanta to take us to the Morehouse Chapel. She was also my plus-one. We arrived in time to take photos at the Martin Luther King, Jr. statue in front of the chapel. We were amazed as we entered the building. The walls were laced with iconic portraits of anyone from past presidents of the college, historians, politicians, TV personalities, social justice figures, preachers, presidents of the United States, and civil rights advocates. I wouldn't do justice if I didn't name a few of them: Rev. William Jefferson White, the founder of the college, occupies the largest space; Dr. Martin Luther King, Jr., and Coretta Scott King had several portraits; Oprah Winfrey, Spike Lee, President Barack Obama, Christine King Farris, Maynard Jackson, Fredrick Douglas, Jessie Jackson, Abraham Lincoln, Raphael Warnock, Dr. Jeremiah Wright, and many others hung on the walls. During this historic event, we were honored to witness the presentation/unveiling of our mentor's portrait, Dr. Suzan Johnson Cook.



When the last of ninety-five people mounted the platform, the call to order was given by Dr. Lawrence Carter, Sr., Dean of the Chapel. Following the call to order, The Reverend Dr. Amos C. Brown, Senior Pastor of Third Baptist Church, San Francisco, CA, gave us the charge. Fifty-one preachers were inducted into the Dr. Martin Luther King, Jr. Board of Preachers; the others were inducted into the Board of Sponsors or Collegium of Scholars. After the charge, we were presented with Citations by the Chapel Assistants. The 37th Martin Luther King Jr. College of Ministers & Laity theme was "Saving Democracy While Thriving in the Wake of Comic Trauma."



The sermon delivered by Rev. Dr. Thema Bryant, President of the American Psychological Association and Professor at Pepperdine University, was powerful and on point, "Ministry in the Midst of Madness," sermon text, Luke 23:27-28 NIV. She reminded us that God is looking for us. Indeed God was and still is looking for me. When He started the search, I despised the thought of preaching the Gospel. I put on my Nike's and ran so long they were tattered and torn. I made every excuse in the book for not answering the call. When I was boxed into a corner and finally surrendered to the call, I was grateful that I did. With all of its challenges, the ministry has been a fulfilling lifeline for me.

After an exhilarating ceremony and tasty lunch, Pastor Lea Philippe drove me to Montgomery, Alabama, to see the brick inscribed with my name at the Rosa Parks Museum. The trip was longer than anticipated, but we made it to the museum in 2 1/2 hours, just before closing. It was a rainy day in Atlanta but a beautiful sunny day in Montgomery. The graduates of my worship school, In Pursuit of His Presence Worship Arts Ministries (IPHP), class of 2020, donated the brick in my honor. We missed the last tour of the day at the museum, but we took pictures of my brick and the statue of Rosa Parks on the bus. After a delicious meal at a vegan restaurant, we make the 2 1/2 hour journey back to Atlanta.

I would admonish everyone to be faithful to their post, assignment, or calling. God sees, and He gives the rewards. Psalm 75:6 declares that God does the promoting. Galatians 6:9 states, "And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." "Commit your way to the Lord, trust in Him and He shall bring it to pass" (Psalm 37:5 NKJV).

When God winks, all question marks are erased.



Seated with Rosa Parks



THE Father's TABLE

It's Back - The First One
Since COVID

Only a few LADIES will be seated at
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You're Been Stuck Long Enough!
Let's Deal With the Father Wounds

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New Format

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It's Mid-August,

There will be a limited
supply of these beauties

But Christmas Is Coming Soon!

More colors are available - Door and Wall Hangings



REBUILD YOUR LIFE AFTER SPIRITUAL IDENTITY THEFT!

YOU CAN WRITE A NEW STORY

You can still invest in your life by purchasing Dr. Crawford's latest book, "Rebuild Your Life After Spiritual Identity Theft...You Can Write A New Story!"

REFRESH AND REVIVE, by rediscovering the "REAL" you, the person God created and empowered to do mighty works in the earth.

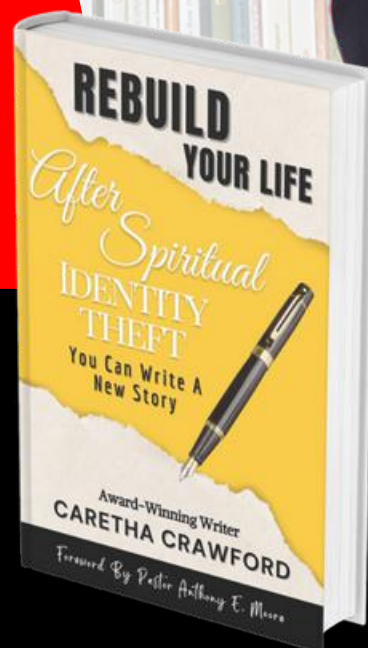
Rebuild Your Life After Spiritual Identity Theft...You Can Write A New Story will take you on a journey of rediscovering the "you" God created. It's a roadmap to rediscovering the person you were before God placed you in your mother's womb and before the world took advantage of the opportunity to taint the divine nature God gave you. Thus, exchanging your God-like identity and narrative for one that resembles the world's model.

To live a successful life according to God's standards, you must know your authentic self. Knowing who you are will eradicate striving and lusting after positions and power. You will be contented and fulfilled living the life God designed for you.

Why not discover who you are this year and write a new story?

Purchase Your Copy Today!

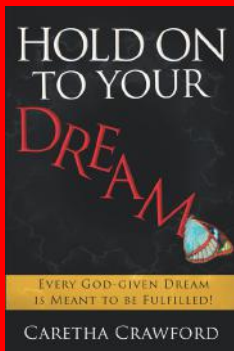
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The Author's Bookshelf

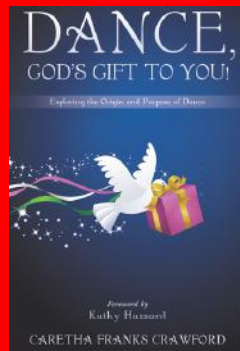
Check out these book titles from the Ladies who Graced the Cover of Distinguished Woman Magazine as well as publisher Dr. Caretha Franks Crawford

Dr. Caretha Carawford
Hold On To Your DREAM



Dr. Crawford's second book, Hold on to Your Dream, was written to encourage those who wonder if it is possible to achieve their dreams or if they should give up hope. Dr. Crawford inspires and challenges readers to think from God's perspective regarding their dreams and guides them on a journey of discovering their dreams or rekindling the flame of a lost passion. Using biblical principals and citing contemporary and biblical achievers, Questions are answered that many have about making their dreams a reality.

Dr. Caretha Carawford
DANCE: God's Gift to You!



"The aroma of God is being sensed throughout the earth, awakening those who God has ordained to carry forth the anointing of the dance in the earth." In the 21st century church, God is calling ministers of the dance in record numbers to fulfill His purpose-revealing His glory in the earth. This calling has prompted a myriad of questions in the minds of leaders and laypersons in the body of Christ. Dr. Crawford presents a fresh, clear biblical understanding of how God views the dance, elaborating on how and why dance should be used in the worship experience.

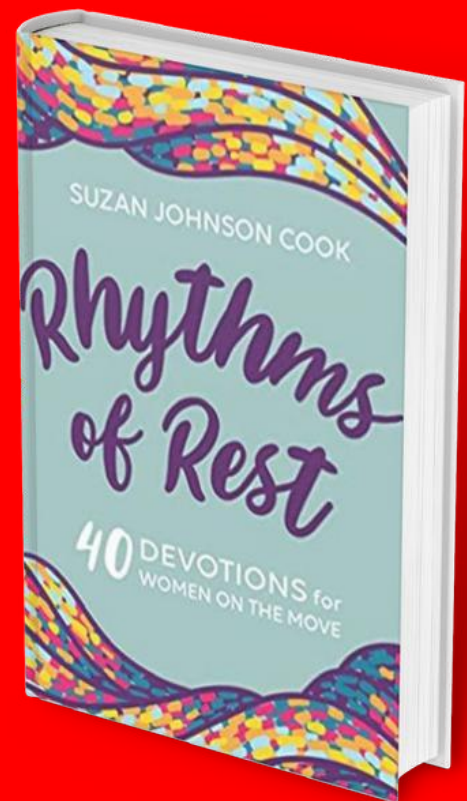
Are you so busy serving God that you struggle to find time to simply be with Him? You are not alone! Rest and retreat are essential parts of the spiritual life, but many Christian women find both elusive in the middle of lives busy serving families, churches, businesses, and communities.

Rhythms of Rest provides a respite for you to simply be still and spend time with Jesus. These 40 meaningful devotions invite you to pause and reflect on Scripture as you ponder topics like soul-care, sisterhood, seasons of life, and Spirit-led living. You'll find daily sustenance and strength from the personal stories, reflections, questions, quotes, and Scripture passages shared by your sisters in Christ.

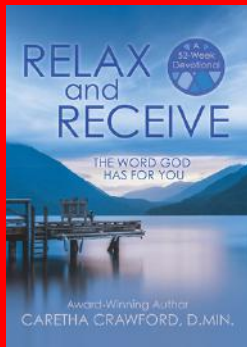
Suzan Johnson Cook and fellow contributing authors are leaders and influencers within Black and multicultural communities and churches, and their devotions speak strength to a woman's soul.

Featuring Devotions written by

Dr. Caretha Franks Crawford, Dr. Gloria Miller Perrin
& Dr. Michelle Boone-Thronton

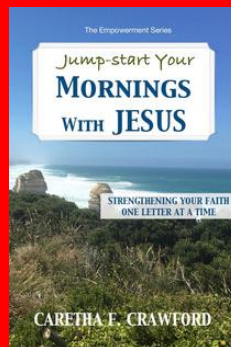


Dr. Caretha Carawford
RELAX and RECEIVE



GOD HAS A RELEVANT WORD FOR YOU... RELAX AND RECEIVE IT! A 52-Week Devotional of Meditative Thoughts For Spiritual Renewal Caretha Crawford has learned the value of slowing down and relaxing in the presence of God. The words she receives during these personal moments with her "Daddy" gives her new insights and draw her into a deeper relationship with Him. In this weekly devotional, she shares some of her most precious meditative thoughts received during these quiet times. As you read and reflect on them, they will challenge, strengthen and provide you with hope and encouragement to face each new week.

Dr. Caretha Carawford
Jumpstart Your Mornings with Jesus: Strengthening Your Faith One Letter At A Time



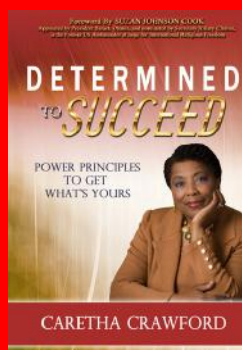
A beautiful colorful devotional. Have you ever wondered if your mornings could be more refreshing and invigorating? Need extra fuel for the day? There is no better way to be energized than declaring (lifting) the names and titles of Jesus. Jesus is the most powerful name we will ever speak. After His resurrection, God gave Him a name that's above all names. Everything is subject to this name. Storms are stilled, demons tremble, and diseases succumb to the name of Jesus. Use the power available to you in this book and move all hindrances out of your day when you Jump-start Your Mornings With Jesus!

Dr. Caretha Carawford
Promises And Prayers for Uncertain Times



Promises and Prayers for Uncertain Times is a collection of Scripture verses, affirmations, and prayers, accompanied by brilliant pictures of nature. These sixty inspirations speak of the promises that God has made to His people for challenging and uncertain times. They will lighten your heart, soothe your soul, and remind you that God is a compassionate God. He provides for your needs. As you meditate on each one, God will reassure you of His presence and power in your life. It's the perfect gift book for nature lovers.

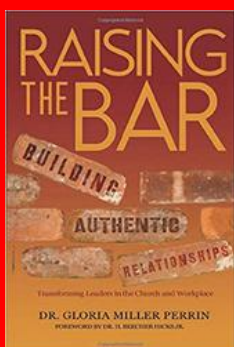
Dr. Caretha Carawford
Determined to Succeed: Power Principles to Get What's Yours



Go Get What's Yours! Everyone wants to succeed in life: achieving goals and leaving a legacy from which others will benefit. However, for some ethnic groups, it is more challenging to accomplish their goals due to the odds stacked against them. In her book, Determined to Succeed, she reveals a strategic plan for women of color or any ethnic group to live a successful life.

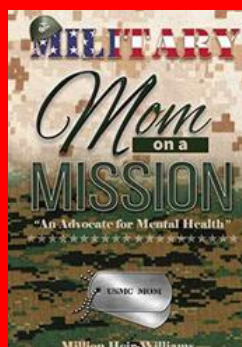
Guest Author's books can be purchased on Amazon!

Dr. Gloria Miller Perrin
Raising The Bar: Building Authentic Relationships



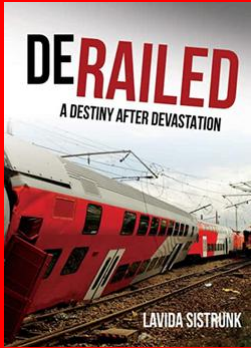
Will the real you please stand up! The word "authentic" has become the buzzword of our day. Everyone is looking for the real deal. The Millennials call it "Keeping it 100." More and more people are looking for authenticity with those they encounter. Authentic leaders are those that are striving to be open, honest, and straightforward. Raising the BAR offers a seven-part building process for leaders at all levels to help guide them along their authentic journey.

Million Heir-Williams
Military Mom on a Mission: An Advocate for Mental Health



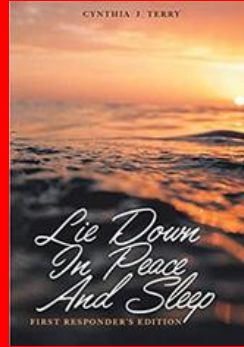
As you read Military Mom on a Mission you will discover the journey of a mother and her family as her son returned from the Iraqi war. She was completely excited when her son returned with all his body parts, however, little did she know PTSD was lurking within the walls of her son's mind. The story unfolds taking you on this journey as every detail of the experience you feel. The confusion, excitement, loneliness, anger, frustration and many other emotions as you read along.

Pastor LaVida Sistrunk
DeRailed: A Destiny After Devastation

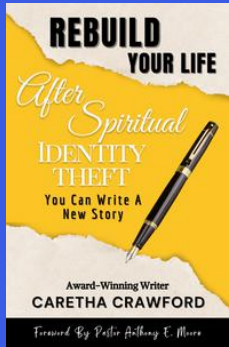


Has life ever thrown you a curveball? Have you encountered the death of a loved one, and unexpected job loss, a dire medical diagnosis, or something else that caused your life to run off your carefully selected track? Have you ever been plunged into confusion, depression, and despair and suffered in silence? DeRailed: A Destiny after Devastation by LaVida Sistrunk is an inspiring book that takes a look at a common experience that is often not discussed in the Christian community for fear of shame or judgment and trying to keep up the appearance of having it all together.

Cynthia J. Terry
Lie Down In Peace And Sleep: First Responder's Edition



Lie Down in Peace and Sleep is a clarion call for prayer for first responders at all levels. It's a devotional designed for first responders, their families and friends as well as thousands of community residents to develop a discipline of prayer and devotions leading to a good night's sleep. This book is designed to support and uplift the ones that sacrifice selflessly to support and protect US! Let's pray for our first responders and pray that they will be able to develop a dynamic prayer life so that they can sleep well for a better tomorrow.



Dr. Caretha Crawford's books can be purchased via the following sources...

CashApp - [\\$CarethaCrawford](#)

Paypal - paypal.me/CarethaCrawford

Zelle - [Caretha Crawford](#)

Amazon - [Caretha Crawford](#)

Web store: [Caretha Crawford E-Store](#)

Take a Minute for Your Health!

Move On From the Pandemic

The pandemic has come and gone and we are left with the residual effects. It has truly been a life changing event. Many of us drifted behind in our fitness programs and also gained some additional unwanted weight. We need to get back on track and build our health. A healthy wholesome diet, exercise, proper rest, adequate water consumption, fresh air and sunlight helps our overall health. The pandemic was a stressful event for most of us. For some, it will be a return to a healthy lifestyle, while for others it will be a new undertaking. Either way, it's time to move on and get focused on getting and staying healthy.

Pastor Gregory Franks, Founder and President of Total Person Concept (TPC) will provide you with important information and tools to help you on your healthy journey

Email: Totalpersonconcept@yahoo.com
Click Here >>> [TPCHealth Tip Videos](#)

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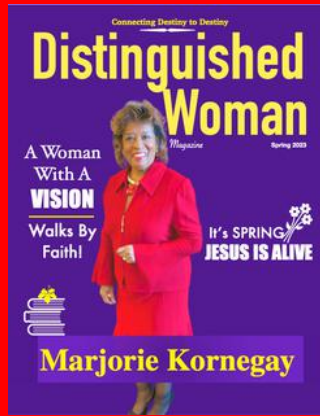
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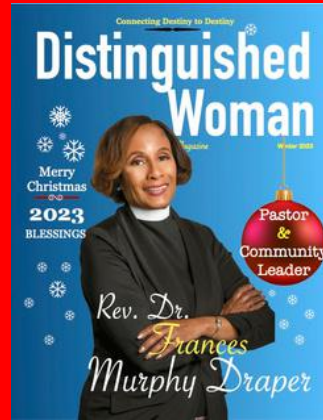
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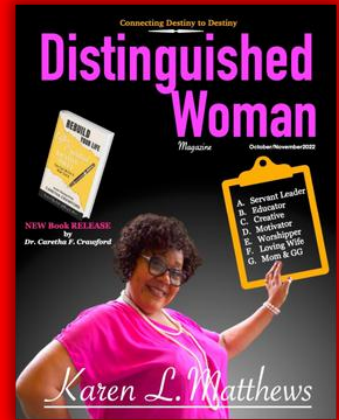
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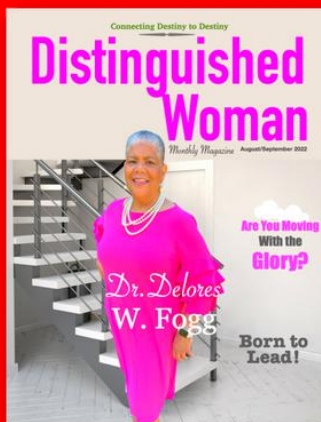
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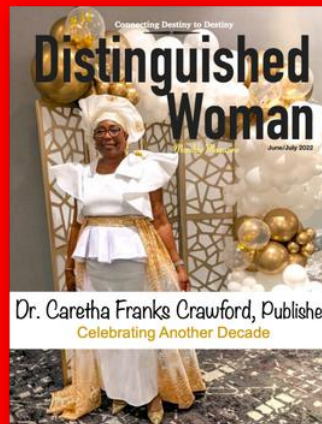
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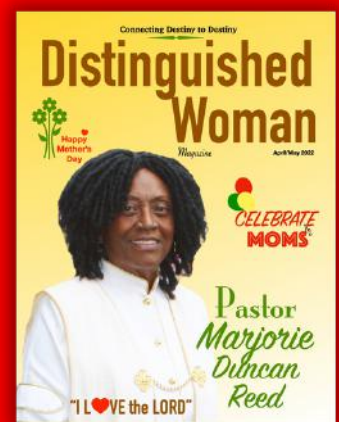
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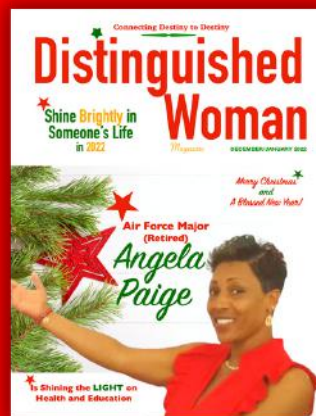
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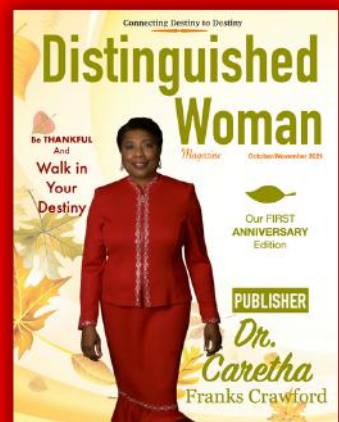
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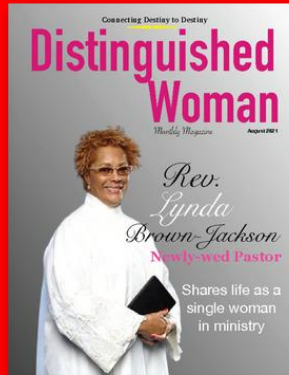
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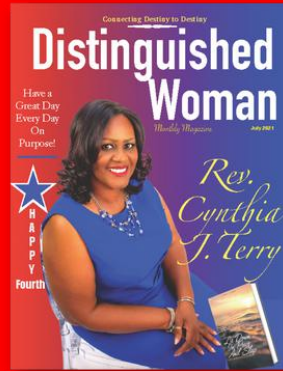
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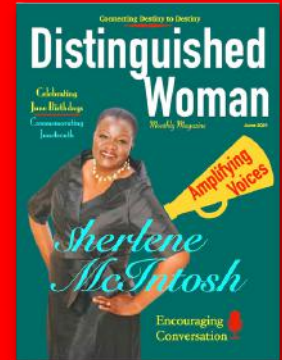
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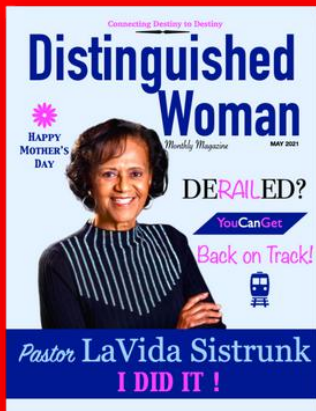
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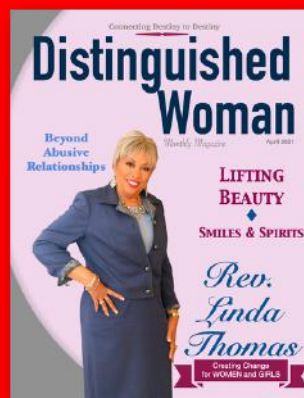
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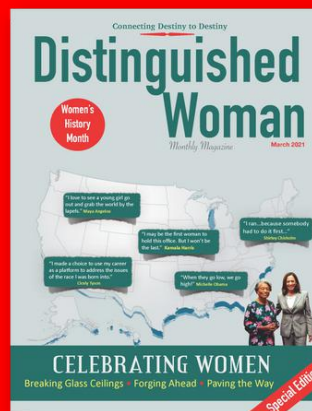
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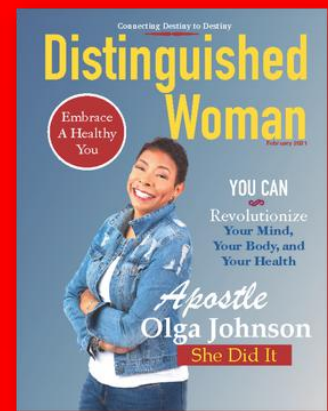
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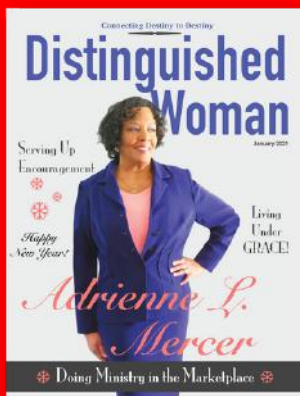
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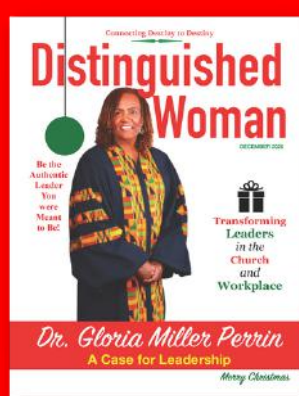
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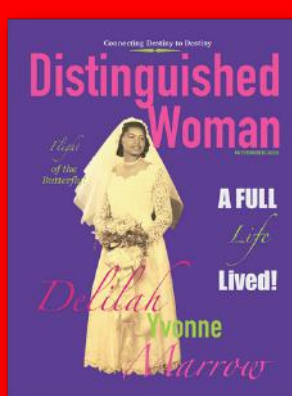
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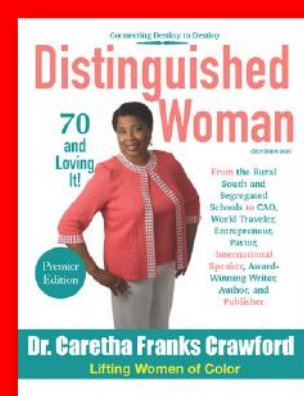
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