

## Dr. Candace Fones

Dr. Candace Jones is a 27-year educational expert who is passionate about empowering people and providing them with the tools they need to transform themselves into their best self. She has developed countless strategic methods which have been instrumental in building self-worth and helping people see difficult concepts through an uncomplicated lens

## Book Bios

You know you need to write a book, but you need direction; a method; a set of proven steps to follow to get that book out of your head and onto the paper. Well, you have made the right decision in picking up this book. In this book, I very strategically from take you conceptualization to completion of the entire writing process. You will be pleased to know that when you complete this workbook in it's entirety,





you will be ready to publish your book!



Do you need to lose weight, but feel like you can't? You've tried all the things. But none of the things have worked for you. There is one thing that you have not done. You have not discovered how to die – to food, desires, cravings, and wrong choices. To die to these things, you need to take a weight loss journey with Jesus where He teaches you to die each day, yet live.