



# Media Kit

Author Bio

Book Bio

Testimonials

Target Audience

Book Excerpt

Interview Questions

Story Ideas for Reporters

Author & Book Photos

Contact Author

# Author Bio

Adele M. Gill is a graduate of the University of Maryland at Baltimore School of Nursing, and a retired RN.

A graduate of the St. James College Seminary/American Chaplain Training Institute, she serves as a certified community Chaplain in outreach to the homeless, and those in most need.

Adele is the founder/author of The Inspiration Café blog, [theinspirationcafeblog.net](http://theinspirationcafeblog.net)

She is also the author of six books including her latest, *'How to Go from Broken to Blest,'* written for anyone who is struggling in any way.

Residing in Harford County, Maryland with her husband, she is the mother of two grown children.

Adele believes that *"All things work for good for those who love God,"* (Romans 8:28), and she works tirelessly to share that message of hope wherever she goes.



**Adele M. Gill**  
**RN, BSN, CPC**

# Book Bio



Adele M. Gill, is a retired RN, and holds a certification as a community Chaplain from St. James College Seminary. She loves to minister to others and share the love of Jesus.

## HOW TO GO FROM BROKEN TO BLEST

How to Go From Broken to Blest offers an easy applicable, practical 6-Step Guide based on the truth of Scripture.

Adele's sound wisdom provides a "how to" book that leads to increased faith providing answers that offer peace, joy, and God's wisdom that lead to a life of wholeness mentally, emotionally, and spiritually.

Profound in nature, this book sheds light on Biblical truths and principles that enhance and transform negative attitudes and perspectives to a realization that one's greatest source is complete trust in Jesus and the solid foundation of His Word.

ADELE M. GILL

**Author: Adele M. Gill**

**Category: Christian Personal Growth**

**Print ISBN: 13: 979-8646205750**

**Dimensions: 5 x 0.2 x 8 inches**

**Pages: 93**

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**Amazon: [LINK](#)**

How to Go From Broken to Blest offers an easy applicable, practical 6-Step Guide based on the truth of Scripture. The author's sound wisdom provides a "how to" that leads to increased faith as the book provides answers that offer peace, joy, and God's wisdom that lead to a life of wholeness mentally, emotionally, and spiritually.

Profoundly, the book sheds light on Biblical principles that enhance and transform negative attitudes and perspectives to a realization that one's greatest source is complete trust in Jesus and the solid foundation of His Word.

Teaching others how to move forward despite circumstances makes this book life-transforming and powerful. A shift from your own perspective to God's perspective is vital to understanding and living a blessed life.

The author advocates that God's ways are best, while addressing pertinent issues such as the Covid-19 crisis, worry, fear, anxiety, depression, addiction, avoiding negativity in our thoughts, as well as removing oneself from toxic situations and people. The book presents scripture verses that explain Biblical principles that bring people from darkness into the light of salvation and grace. Designed to advocate the beginning of the healing process, the author's purpose is to bring readers into a place of peace and freedom that only come from choosing a life centered in Jesus Christ as Lord and Savior.

Included in this fantastic book is a 6-week Small Group Discussion Guide guide that is ideal for small group settings. This book is ideal for believers and non-believers alike, anyone who is struggling in any way, as it leads the reader to greater trust in God, by helping them acknowledge their struggles, and go from broken to blest.

# TESTIMONIALS

**"In her 2017 memoir, author Adele Gill wrote of her personal journey from *"Broken to Blest"*, *From Broken to Blest: Embracing the Healing that Awaits You*. In 2020, she sensed that many lives were being challenged and broken and that we needed help, a "how to" book. In these times is it possible to go from broken to blest? Yes! Written in a simple, yet powerful way, the calm conviction of this book will soothe you and encourage you.**

**Are you struggling? We all have, or we are, or we will be struggling in the future. We are human—it's part of our condition. And the list of concerns is long: the pandemic, dealing with health issues, mental health concerns, social issues, personal relationship and job problems! What can we do? The author presents six easy steps. These are the steps that she herself followed. I highlighted most of the words and Bible verses in this book as I read it.**

**This book also contains a 6 Week Small Group Discussion Guide which is brilliant-thorough and well-organized. This short book will not take you long to read. You will want to read it over and over. You may also want to give this book as a gift to friends and family. You can be strengthened TODAY. I highly recommend this warm and welcoming book."**

**Jena C. Henry, Author**



**"I just finished reading *'How to Go From Broken to Blest'*—Spirit-filled and Spirit led. Written as though the author were sitting beside you, counseling you to turn your broken life into His blessed masterpiece."**

**Sandy Gorrell, Homeless Outreach Ministry**

**"*'How to Go From Broken to Blest'* is a must read for anyone struggling!"**

**Mary Slade, Epicenter Case Manager**



**"There are so many helpful remedies in this book; Christian or not; to help with worry, negativity, and self-sabotage! I loved the author's quote of "your victim card has expired!" What hope for all of us! This gives me great confidence!"**

**Shana Whiteford RN, Oncology Nurse**

# Target Audience



## WHO SHOULD READ



- **Christians**
- **Non-Christians**
- **Clergy**
- **Counselors**
- **Those with addiction, health issues, mental health concerns, social or relationship issues**
- **Anyone who is struggling**

## BOOK BENEFITS

**This book will help you to:**

- **Acknowledge You're Struggling**
- **Put Aside All Worry and Fear**
- **Recognize Your Greatest Resource**
- **Forgive and Take the High Road**
- **Learn to Accept Imperfections**
- **Embrace Your Healing**



# Book Excerpt



Perhaps some bad things have happened to you, or around you, that were not your fault: Covid-19, an unexpected illness such as cancer, a disabling autoimmune condition such as MS; child abuse, domestic abuse; job loss due to furlough, a coworker or a difficult boss, a broken relationship, fallout from other people's mistakes; a serious car accident, drug and/or alcohol addiction, a child with a disabling birth defect. Such situations can leave people feeling helpless, sometimes even like a hopeless victim. However, I'm here to tell you, it was not your fault!

Could it be that it's time for you to deal with whatever happened to you, or is bogging you down right now, and move on with your life for your own well-being? Perhaps it is time to begin or continue the healing process, so you can be as healthy physically, mentally, emotionally and spiritually, as humanly possible, going from broken to blessed.

It's time for you to put aside the fear, worry, hurt, and anguish you are experiencing, and stand tall with your head up, as you embrace the healing that awaits you and move from broken to blest. It's time to claim healing over your infirmities, addictions, broken relationships, and difficult circumstances. It's time to invite God in, and allow Him to help you in your situation. Time to let God do His finest work in you! Whether within your control or not, when you invite God in, whatever was the cause of your becoming a victim, *your victim card has expired!*

With that understanding, you will soon find yourself *victim no more*, as you exchange your victim status for a blessed new life filled with gratitude to God for all His blessings and miracles, great and small. No, God does not always heal everyone fully, but He always provides whatever we need to get on with our lives.

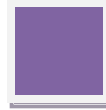
*"My grace is sufficient for you, for my power is made perfect in weakness."*

2 Corinthians 12:9

# Interview Questions



Why did you write this book?



Who will benefit most from reading this self help book?



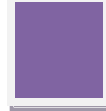
What is your book about?



In a word, how would you describe your book?



Why is your book dedicated to Jesus Christ?



Is this book just for Christians?



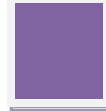
What are the 6 Steps to Go from Broken to Blest?



How can this book make a difference?



What are your hopes for this book?



What have you learned about yourself as you wrote this book?



What's next for you?



Any final words?

# STORY IDEAS FOR REPORTERS:

## Potential Headlines

**New 6-Week Small Group Guide Provides Road Map for Those Who Are Struggling**

**New Book Provides Hope in the Pandemic and Beyond**

**New Book Helps Those Who Are Struggling In Any Way**

**Author Reveals 6 Easy Steps to Go from Broken to Blest**

**Struggling? New Book Paves the Way to Hope**

**New Small Group Guide Helps Those Who are Struggling**

**New 6-Week Small Group Guide Provides Road Map to Healing**

**New Small Group Guide Provides Road Map to Hope**

**Author Provides Road Map to Healing**

**New Small Group Guide Provides Road Map to Healing**

**Christian Author's New Book Unites Believers and Non-Believers**

**Christian Author's New Book Helps Those Who Are Struggling**

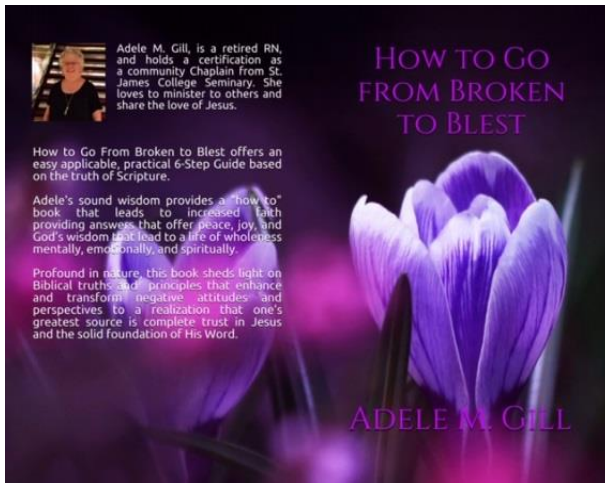




# DOWNLOADABLE PHOTOS

**I appreciate requests for photographs for press use.  
Email and let us know where you post your article so we can link to it.**

**Thank you.**





# Connect with Adele M. Gill

**Email:** [frombrokentoBLEST@gmail.com](mailto:frombrokentoBLEST@gmail.com)

443-850-8764

How to Go from Broken to Blest is now available at [Amazon.com](https://www.amazon.com)

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