

How to Self Publish your Book

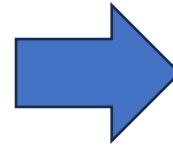
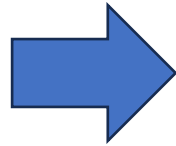
Gil Rolon
BEE Present Publishing
gilrolonbooks.com

What is Tradition Publishing?

- You write your book
- You get a literary Agent to sell your book
- A publishing house buys the rights to your book
- Pays a small advance and covers all expenses to produce your book
- The publisher *controls* all aspects of your book
 - Editor will guide your story to be as marketable in your genre
 - Editor will guide your book title
 - Book Cover design is created for you
 - Book edit and release dates are controlled by the publisher
- Pays royalties after advance is fulfilled
- If the book does not sell well, the author is dropped by publisher

Tradition Publishing Workflow

The Gatekeepers



- Write Book
- Write Query Letter

- Get an agent
- 15-20% ALL Royalties

- Publishing House creates book
- Sells to retailers that show interest.
- You have to market your book

What are the Book Profit Differences?

- Traditional Publisher
 - Hardcover – 10% – 15%
 - Paperback – 6-8%
 - E-book – 25%
- Self Publishing
 - Hardcover – 30% - 70%
 - Paperback – 30% - 70%
 - E-book – 30% - 70%

Why Self Publish a Book?

- Tell your life story and it be available for your family
- Want to experience learning to write a story
- Talk about an expertise that promotes your business

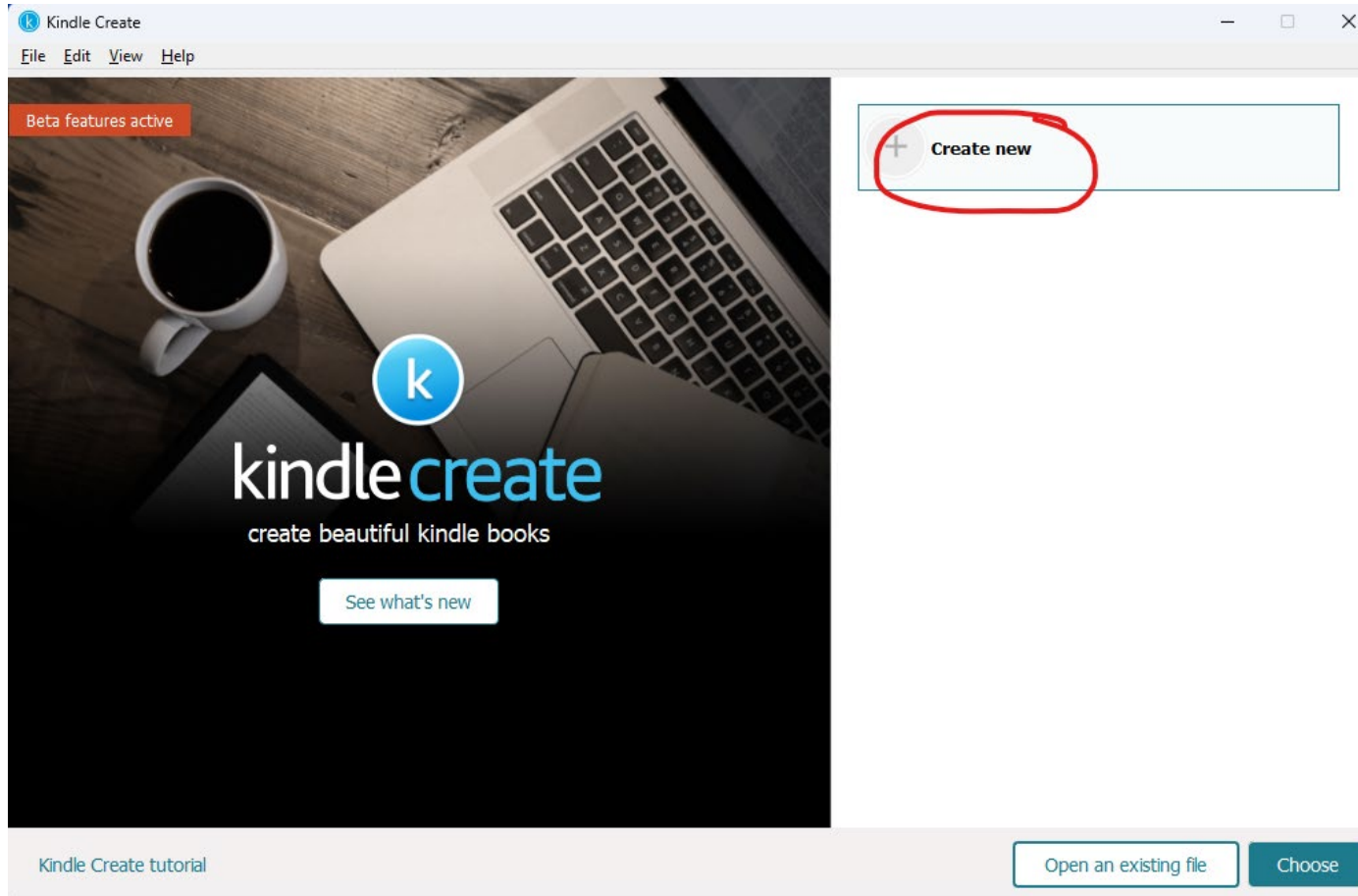
What is Self Publishing?

- The Author Controls *ALL* aspects of publishing their work
 - Story
 - Book Cover Design
 - Where books will be sold
 - How long the book is available for purchase
 - Control Price and Profit
 - Control all marketing and social media
 - Must pay all expenses to create a “professional grade” book

What are the steps to Self Publish

- Write your book
- Edit your book for content, grammar and punctuation
- Get a book cover designer
- Edit how the inside of your book will be formatted for ebook or print
- Create account on Amazon to sell online
- Upload your formatted book (internal/external) – Printable PDF
- Set your price and profit
 - Unless it's to be used as a family keep sake.
- Start marketing your book (social media, traditional media)
 - Many traditional media outlets do not support independent authors

DEMO - Create Kindle eBook



Steps to Create a Print Book

The Body Chapter

Part One - What your Body reveals about You

The relationship between the mind and the body is one that is very close and personal. Partners in a great relationship look out for each other. The connection between the mind and the body goes beyond words. Their relationship is symbiotic. Their interaction with each other is one of dependence for life and health. These connections are organic to our being. The weights of the body can block these connections.

The body is the vehicle for your being. The state of your Body will show everyone the way you view yourself and the world around you. The decisions you make about the food and drink you partake in and the way you move in the world will be reflected in your body. The spirit you possess will display itself in the shape of your body and the way you walk and posture yourself. Your body will reveal to you and to others if you are healthy or suffer with sickness and disease.

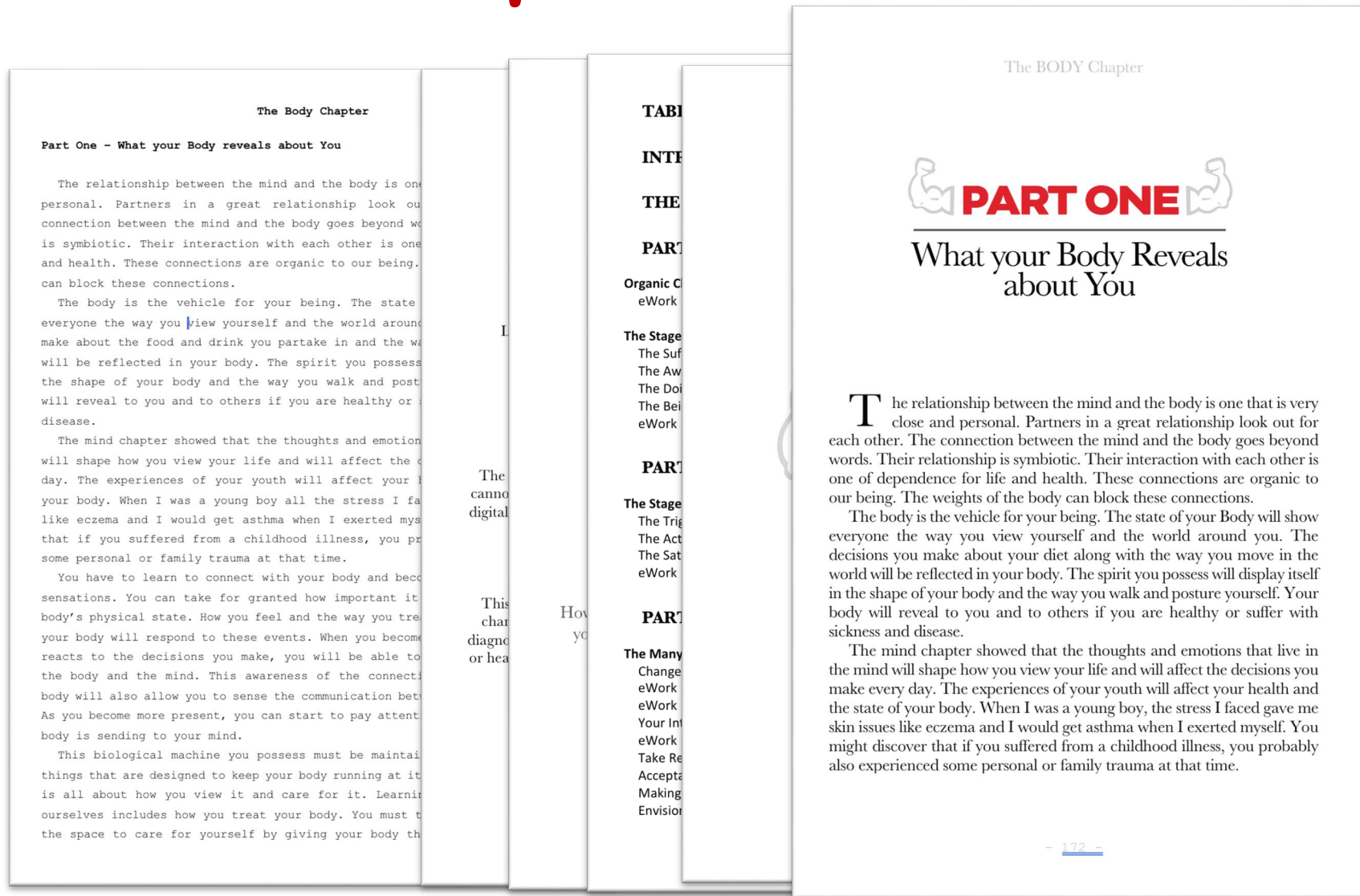
The mind chapter showed that the thoughts and emotions that live in the mind, will shape how you view your life and will affect the decisions you make every day. The experiences of your youth will affect your health and the state of your body. When I was a young boy all the stress I faced gave me skin issues like eczema and I would get asthma when I exerted myself. You might discover that if you suffered from a childhood illness, you probably also experienced some personal or family trauma at that time.

You have to learn to connect with your body and become aware of your bodily sensations. You can take for granted how important it is to be aware of your body's physical state. How you feel and the way you treat your body affects how your body will respond to these events. When you become aware of how your body reacts to the decisions you make, you will be able to feel the connection of the body and the mind. This awareness of the connection of your mind to the body will also allow you to sense the communication between these two partners. As you become more present, you can start to pay attention to the messages your body is sending to your mind.

This biological machine you possess must be maintained and fueled with the things that are designed to keep your body running at its best. The body chapter is all about how you view it and care for it. Learning to love and care for ourselves includes how you treat your body. You must take the time and create the space to care for yourself by giving your body the attention it needs to

Step One - Draft

Steps to Create Your Book



A MEMOIR OF CHANGE



How does one achieve true change in their life? This was a question that Gil Rolon sought to answer after having nearly lost everything in his life he had held dear. His faith in a religion was crushed as they ignored him and his family. He'd lost his job putting his home in jeopardy all while his health was in question. He had reached the breaking point was when his spouse of 34 years passed from the ravages of the disease Lupus and his 31-year-old son was lost to drug abuse that led to mental illness. In

his search, Gil looked to the common self-help books most turn to but found them lacking. They often inspire change, but do not give readers the tools to fix negative emotions and mental states that block change. Since he could not find the book that shows the process to truly change one's life, he decided to write it himself.

“

A great read for those in the early stages of healing from developmental trauma. Gil does a great job laying out expectations for the entire healing process, even for those with no background knowledge on trauma.

”

- Courtney Kempker, Licensed Professional Counselor

This book: *Lose the Weight on your MIND, BODY, and SPIRIT*, was born from Gil's desire to share his story and guide others to achieve the change they seek in their lives. During his journey, Gil thought that his only problems were the physical ones: Being diagnosed with type 2 diabetes, high blood pressure and a thyroid imbalance. However, these symptoms were just a few that hid other weights that were beyond just the body. His lack of self-esteem, daily feelings of guilt, shame and fear were symptoms of weights on the spirit and mind contributing to all his issues. This epiphany helped him to realize all three parts need healing for the path to true and lasting change to open.

Learn more @
gilrolonbooks.com

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Lose
the
WEIGHT
on
your
MIND
BODY
&
SPIRIT
GIL ROLON



Lose the WEIGHT on your



MIND BODY & SPIRIT

How to remove the emotional and physical burdens that hold you back from living a life of love, health and abundance!

GIL ROLON

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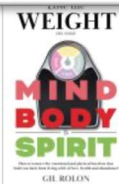
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GIL ROLON s

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