



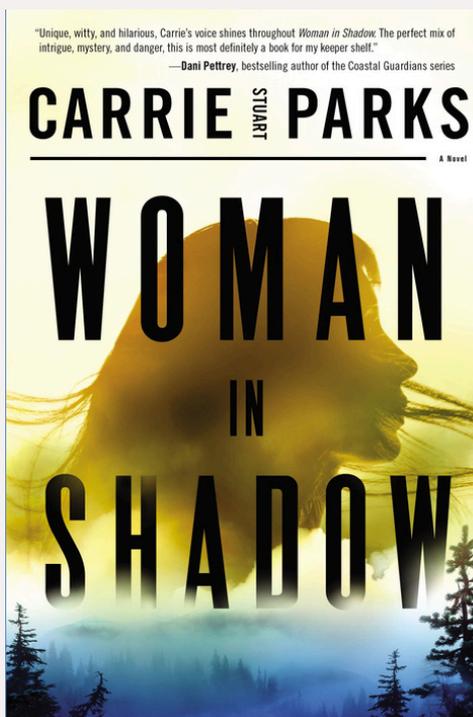
WELCOME TO CHRISTINA'S

Monthly Newsletter

Premiere Issue!

Book of the month:

PERFECT THRILLER
FOR OCTOBER!



WHAT TO EXPECT IN EACH ISSUE:

Fitness Tips, Facts & Fiction

Thank you so much for taking the time to read my newsletter. My hope is that you find it informative, encouraging and entertaining. Every month I plan to have a training tip, a seasonal, nutrient dense recipe, an inspiring fitness story or updates on my writing journey. Please share with your friends and family. I am looking to build an audience of readers to begin a new book genre- Fitness Fiction. There's plenty of non-fiction fitness out there from self-help books, diet books, to exercise instruction books. But if you're like me, I enjoy character-driven stories with fantastic plots that keep me glued to the page. I read fiction to sometimes escape our current reality, Obviously, fitness is a large part of my life, so I am looking to bring that world to the literary scene. Through my characters' journeys, I hope to inspire clients and readers to enhance their own fitness story.

Recipe of the Month!

PUMPKIN PROTEIN PANCAKES

Remember to prioritize your protein!!! Check out this delicious easy 5 ingredient recipe by Taylor Stinson

<https://thegirlonbloor.com/5-ingredient-pumpkin-protein-pancakes/>



Verse or Quote of the Month:

"Your beginnings will seem humble, so prosperous will your future be." - Job 8:7



'DIAMOND' WHO WAS A PART OF THE SECURITY DETAIL AT THE ACFW CONFERENCE. SHE ALSO DOUBLED AS A THERAPY DOG FOR NERVOUS WRITERS ABOUT TO PITCH THEIR WORK.



AT THE 2025 ACFW AWARDS GALA. HERE I AM WITH SOME FELLOW WOMEN WRITERS FROM THE CALIFORNIA CHAPTER, INCLUDING JENNA HENDRICKS (MID LEFT TO ME) WHO WRITES COWBOY ROMANCE.

ACFW Writers Conference

HOW MY FIRST PITCH TO PUBLISHERS WENT

In September, I attended the American Christian Fiction Writers conference, (my first writers conference), in Springfield, Missouri. With my finished manuscript, I wanted to pitch my fitness fiction idea to publishers and agents to see if my niche was sellable or if I was just being a fitness fanatic. I met with two publishers and an agent and all three could see the need for such a genre. I left each meeting feeling very motivated as they each encouraged me to build a solid readership base in order to move forward with the querying process. While I am building an audience (you!) I will begin working with an editor later this month to refine my novel, so it is submission ready.

Fitness Tip of the Month

START SMALL

Starting anything new can be overwhelming especially when it comes to exercise or healthy habits. Don't get bogged down with too many details or focus on how far away you are from your goal. Writing my book is a perfect analogy. If I set out to write my first chapter but then started to think about how to get to the last chapter and then editing a second draft and then hiring an editor and then finding a publisher, then a book cover designer and then build an audience of readers, etc. that first chapter would've been SO hard to write. ACFW has a novel track support group where we log in the number of words we write each day aiming toward a monthly word goal. Even if I just logged 150 words, it felt great to know I had done something higher than zero and even if seemed a meager amount for the day. By the end of most months, I would have written 10,000 words. So, whatever you need to do to improve your health, start small and do it every day. Maybe you eat out for most meals. Instead of saying you're going to start cooking all of your meals at home, try preparing just one meal at home every day and start there. Perhaps you are recovering from an injury or illness, and you want to work on getting your strength or endurance back to what it was. Start with a light weight or a short distance and focus on doing that flawlessly, then increase. It may be humbling and frustrating at times but stay consistent doing the small things and you will find yourself in a much better place than where you started.

Santa Barbara Trip

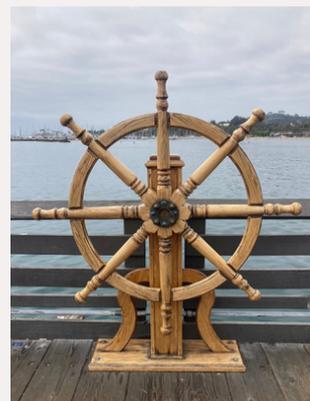
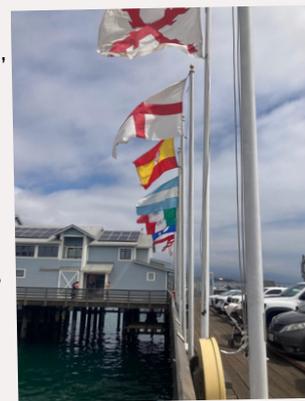
GETTING AWAY TO ONE OF MY NOVEL'S LOCATIONS

In my debut novel, *Lean Through the Fire*, my main character, Nicole is training for the Santa Barbara Triathlon. Allison, her client, comes to support her and has a somewhat supernatural experience on the Santa Barbara pier. It had been a few years since I had visited the area, so I wanted to make sure I had accurately written the details of the picturesque beach city.



So, Seth and I loaded up our two dogs in the car and spent a weekend in Santa Barbara. The dogs loved the walks with all the new scents, and we enjoyed some quality time together outside of Los Angeles. (Though we did find a local burger joint that had quite a few Dodger fans enjoying the game, so it felt like home.)

I took a long walk along the beach and on the pier through the lens of my characters to get re-inspired to tackle my next edit. Santa Barbara has a very particular vibe. It's relaxed but energetic. It's quaint and historical, but hip and trendy. The homeless are friendly and enterprising showcasing their intricately sculpted sandcastles for donations. I tried to take it all in. From the smell of deep-fried fish and chips, the salty sea breeze that added unwanted volume to my hair, to all the various sounds- seagulls yelling overhead, skateboarders on the sidewalk, fishing lines reeling in off the edge of the pier, and flags flapping against an overcast sky. It's a wonderful setting for a heartfelt scene between main characters Nicole and Allison as they walk along the pier. When Allison, the realist, witnesses a street performer violinist playing a certain special song, she is overwhelmed at the notion that she may have just witnessed a supernatural message specifically meant for her directly from God. Have you ever experienced something so unreal that you think it may have been God's way of trying to connect with you?



Training Session or Nutrition Consult Raffle Giveaway!

HELP ME BUILD A FITNESS FICTION AUDIENCE!

For every 3 subscribers you invite and sign up, you'll earn 1 raffle ticket for a drawing for a free 60 min training session or nutrition consultation. Drawing will take place on November 1st! Forward this newsletter or share link below with friends!

<https://doggedstrength.com/christinabarkleyauthor>

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Thank you for reading!