

Foreword by Rev. Regina C. Hall, LPC, MA

The Art, Skill & Spirit of Follow-Through



REV. MARY D. BRUCE, Ph.D.

MEDIA KIT

AUTHOR BIO

ABOUT BOOK

BOOK EXCERPT

TESTIMONIALS

INTERVIEW QUESTIONS

CONNECT

AUTHOR

Rev. Dr. Mary D. Bruce is excited to see how this book is going to be a blessing to all of you who are ready to be courageous by stepping into your destiny and taking the risk to Follow-Through on that “thing” that you have put off or set aside for too long. If you are ready to see what awaits you on the other side—or what awaits you down the road as you crawl, walk, or run forward—now is your time to start or to continue. The key is ensuring forward movement. Rev. Dr. Bruce believes in you and if you start, she believes that you will and can Follow-Through; just keep seeking God, and you will be encouraged and strengthened to Follow-Through. Enjoy the read and achieve your DV&Gs.

To all of her readers, stand on this passage of scripture: Dr. Bruce leads her own Follow-Through Group in Illinois. She is also available to facilitate trainings about how to start your own Follow-Through group that will support you or your organization with reaching your DV&Gs. Rev. Dr. Bruce conducts workshops for churches, women groups, and young people. What makes Rev. Dr. Bruce’s work unique is that she specializes in weaving the wisdom of the baby boomer generation with the energy of millennial generation, and this mix creates an intergeneration synergy within her groups and training sessions that is like no other type of spiritual group experience. Her training sessions offer participants a safe environment to speak about their DV&Gs. Leaders and organizations can also benefit from learning more about The Art, Skill and Spirit of Follow-Through approaches.

In public speaking engagements, Rev. Dr. Bruce offers specific techniques on how to use the Spiritual Model developed for this book. She teaches participants about how to use the Spiritual Model in your daily lives to support you with Following-Through on “things” that have been difficult prior to reading this book.

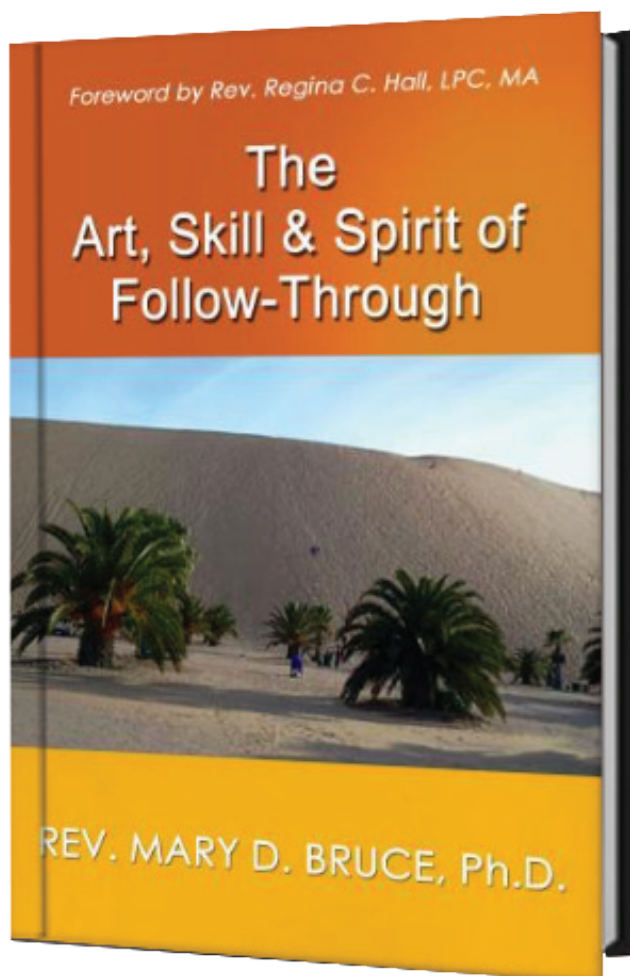
BIOGRAPHY



MY PERSONAL TESTIMONY

Every success that I have had has been because I Followed-Through on the unction of the Holy Spirit and I knew that it was God who I call Jesus instructing me to Follow-Through of my DV&Gs. It is in the spirit of my success with using this Spiritual Model that I share my testimony about my international and domestic travels and personal experiences to Bless Your Life, Dreams, Visions, and Goals.

Now is your time to start, continue again, and do what you know is in your heart that you really need to Follow-Through on and finish. Today is the day to see yourself on the other side of, “I Followed-Through and I did it!”



ABOUT BOOK

Follow-Through is doing that “thing” that affords you the chance to experience your Dreams, Visions, and Goals, which I refer to in the book as DV&Gs. In 2005, the idea about the significance that Follow-Through has had on my life in terms of making something happen or not happen has been life changing. Several years have lapsed since then, and this book has been incubating in my spirit, heart, and mind. Attached to your purpose in life are those things that you feel the unction of the Holy Spirit to complete. As you read in the book, you will discern what God has been unctioning you to finish. The unction of the Holy Spirit is that “God” talking to you.

I believe that it is critical to Follow-Through on those things you know in your heart you ought to do and finish. If there are any obstacles that prevent, slow, or weaken your ability to Follow-Through, this book is designed to encourage you to push to get it done.

- Do you often avoid decisions?
- Do you make big plans, but never carry them out?
- Do you avoid trying something new?

When you buy this book you will receive a step by step Spiritual Model that will guide you through your Follow-Through process. Buy now and take the Follow-Through Quiz today.



WHERE TO BUY

Book Available for Purchase at
FollowThroughToday.com

Kindle eBook Available on Amazon

BOOK EXCERPT

Follow-Through or Procrastination? They Are Different

Is waiting until a later time not Following-Through? Is putting a task off until a later time not Following-Through? Or is it procrastination? The spirit of discernment plays a major role concerning waiting. You know in your heart that there is something that you really need to take action on and that you will not rest peacefully until you get it done. For the longest time, that is how I felt about writing this book. I am so happy that I am finally able to write and finish this book and share it with you.

While I have been doing other tasks and completing important aspects of my life, this book remained on my mind, and I kept feeling unfulfilled until I got it into the hands of readers all over the world.

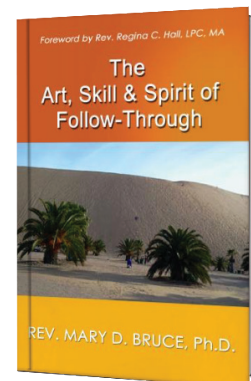
Thinking about it, however, is not doing it. If you spend more time thinking about doing it than actually doing it, then you are not truly Following-Through. If you keep thinking about something that needs to be done and you feel the unction of the Holy Spirit, then do it. Procrastination essentially is putting off a task that needs to be done.

On the other hand, waiting is more spiritual. For example, the scripture says, "Wait on the Lord and be of good courage" (Psalm 27:14, King James Version). While waiting, you can seek God's face and pray about what you know that you need to do. The difference between waiting and procrastination deals primarily with prioritizing. Everything that you procrastinate about does not necessarily mean that you will not reach your destiny. Use the spirit of discernment to determine if that "thing" is something that God means for you to complete, because it just might be a part of the ultimate plan for your life and purpose.

The spirit of discernment plays a pivotal role here in terms of allowing the Holy Spirit to help you know the voice of God.

It requires inclining your ear to hear a word from the Lord that will allow you to distinguish between what you need to Follow-Through on versus those things that are not the tasks that God has predestined you to do.

Waiting means, "I will do it, but now is not the time..."



WHERE TO BUY

Book Available for Purchase at
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TESTIMONIALS

Exceptional Inspiration!

This book is truly revolutionary! Not only does Rev. Dr. Bruce demonstrate a healthy and realistic path to realizing your highest aspirations, she speaks in terms that are wholly understandable. I am truly grateful for Rev. Dr. Mary's efforts. I can't wait to hear her speak on the topic and I hope to attend her next follow through training session.



Lead By Example

The Reverend Dr. Mary D. Bruce simply leading by example. "The Art, Skill & Spirit of Follow-Through" is a compelling piece that takes its readers through the joys and pains of the journey and event that we call life. The title alone speaks volumes about the art, skill and spirituality that exudes throughout the piece. I have had the pleasure to have been a mentee of The Rev. Dr., and can speak from experience of that this art, skill and spirituality that readers can delight in is to be found in her life. From the pulpit to the podium to her free time with family and friends, a woman named Mary has risen through the ranks of this life artfully, skillfully, and spiritually, and and I hope YOU join the ranks of myself and so many others who have been touched by the grace of THE REVEREND DR. MARY D. BRUCE. God bless you all.

God Blesses Us

As a mental health professional, I understand the importance of follow-through, consistency, and persistence. I just never thought about it in a personal matter. I am good at offering suggestions and analyzing situations yet applying such interventions to MY LIFE seemed to be less important. I am grateful for this book because now I see how God blesses us when we follow-through with the plan He has for our lives!

Inspirational

Dr. Bruce has been a mentor for me during my PhD journey and I am grateful that she is sharing her wisdom with the world. This book has truly inspired me to follow-through with the book that she told me to write about my journey! Thank you for this!

Must Read!

I found this book to be a must read. The author shares practical yet inspiring advice on overcoming lifes' or self imposed obstacles that inhibit us from making a successful leap into living our God given dream. It was just the push I needed to get motivated to work on my purpose.

INTERVIEW QUESTIONS

Q1 Please tell us a little about you (where you were born and raised, children, hobbies, etc.)

I grew up in Michigan and I have one daughter (Carmyn and a son-in-law Oluwaseun). I am married to Dana Michael Bruce and we share a feisty Yorkshire Terrier and his name is Mackie. I love riding my bicycle, walking, reading, writing and spending time with my dad, family and friends.

Q2 What is your purpose and passion in life (what are you passionate about/your gift)?

My purpose and passion in life is to use my voice and writing skills to put words together to uplift through Spirit. I love supporting people to Follow-Through on their Dreams, Visions and Goals (DVGs). One of my spiritual gifts is praying for others and I'm passionate about exercising and using my gift to pray for others.

Q3 Please tell us a little about what motivated you to write your book? How many books have you written?

This is my first book. I am a professor and an ordained itinerant elder in the African Methodist Episcopal Church. I was motivated by God to write this book on Follow-Through. Everything that I have had a chance to do in life, that I wanted to do, I was able to experience when I Followed-Through on the "unction" of the Holy Spirit to take an action step towards a goal or desire.

For example, I always wanted to travel to the continent of Africa. One year, I was attending a conference in Washington, D.C. and I saw there was an opportunity to travel to Senegal (West Africa). I attended a Consortium International Management Policy and Development (CIMPAD) Conference in Dakar, Senegal, West Africa. It was then that I Followed-Through with writing a proposal on the topic of HIV/AIDS and examining how journalists framed this issue in newspaper articles. My proposal was accepted and as a result, I earned the opportunity to fulfill my dream of traveling to the continent of Africa!

I wanted to pursue my Ph.D. I earned my Ph.D. because I Followed-Through and never quit. There were some semesters that I took only one course at a time. I then took my qualifying exams. I Followed-Through and finished the dissertation.

I realized that the success that I have achieved to this day has really been when I Followed-Through on completing things that were important to what I felt was connected to my purpose and according to my relationship with Christ. It is because of these kinds of experiences that motivated me to write this book.

During my life, I've seen people start things and say they really want to return to school, start a business, complete their estate plan, or other plan, but for some reason they dropped the ball. I believe that God has called me to inspire

people to Follow-Through on fulfilling their purpose in life. That is the inspiration behind what made me write this book.

Q4 What would you tell a new and upcoming author about writing? Any suggestions for new authors?

You have to block out time to write. I recommend having an accountability partner to hold you accountable to a writing schedule. Set a timeline for different tasks to be completed. And affiliate yourself with a writers' guild or group.

Q5 What do you do in your quiet/down time?

I like to visit with my family, as well as writing and sending cards. When my mom died, the fact that she left me cards with her handwriting...I really value handwriting and I'm very concerned that handwriting will become obsolete with computers. So, I handwrite cards to my family and friends in my down time.

Q6 When people encounter you and walk away, what do you want them to say about you as a person/an author?

I want to ignite people to start! I want them to feel inspired to start what they've had on the backburner.

It's more than just motivated. I want people to walk away feeling ignited and fired up to complete whatever it is that they know in their spirit that they need to finish! The fire was always in them to start but it wasn't ignited. As a result of hearing me speak or them reading my book, they are ignited to let their flame burn, and thus motivated to get it done!

When people walk away from me as an author, I want them to be inspired and excited by my story, testimony and tenacity to get "things" done. I want them to believe that they too can Follow-Through and complete what they have been afraid to start. My audiences will be infused with hope to complete those things that have kept them awake at night. I want people to walk away saying, "Rev. Dr. Bruce is infectious with inspiring me to focus on and Follow-Through on my Dreams! She makes me feel and believe that I can do it!"

I want people to be curious about what is on the other side after they have actually Followed-Through. I want them to feel that sense of accomplishment. I want them to be positioned to see what is next and what they are feeling led to complete. I want people to have that wonderful feeling that I can trust myself to Follow-Through on what God has for me to do, and I will fulfill my purpose. Because once you accomplish one thing you can move on to your next goal and the next goal and the next goal. It's definitely confidence building. When people hear me speak and/or read my book I want them to believe that when they Follow-Through on one thing they can Follow-Through on the next and the next and the next. And guess what? They will have the motivation and courage to step out and do the work. And fear will not place barriers in their way.

"I believe that God has called me to inspire people to Follow-Through on fulfilling their purpose in life. That is the inspiration behind what made me write this book."



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