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Name: Dr. Mel Tavares

I am a non-fiction, multi-genre writer who brings hope to Christian women.

Brief bio: Mel is a prolific and award-winning writer of books, devotions, blogs, magazine articles, and non-fiction short stories; all designed to help the reader overcome painful challenges. She is no stranger to being an overcomer and speaks transparently to audiences about her need to apply what she teaches others. She is a wife, mom, and grandma to eleven. A 'born and raised' Mainer who now resides in the Connecticut River Valley, she spends her free time meandering shoreline beaches or working in her gardens.

Why I write: To communicate hope and practical answers to those needing to rise up and overcome challenges. I write: Fiction: short stories books Genres: **Nonfiction:** x articles x personal experience stories x devotions _x_books Other: ___poetry ___scripts My audience x Christians general public x women men teens children I'm currently working on: Multiple projects. Shorts include devos, blogs, articles, and short stories. I have two books I am working on, both non-fiction. My greatest joy and/or struggle in writing is: Greatest joy is hearing from a reader about the transformation which resulted from reading something I wrote. Greatest struggle: Keeping the IV Coffee line dripping © I'd like to meet writers who: Are non-fiction writers _I belong to a writers' group that is open to new members. I would like to find a writers' group. Email Address: drmeltavares@gmail.com Website: https://www.drmeltavares.com/ Blog: on the website City & State (or Country): ___I'm not yet published _x__I've been published in periodicals x I have published one or more books xSee Book Gallery for my latest book.

Title and genre: 21 Days to Improved Mental Well-Being (and Companion Journal)