



BEST SELLER PUBLISHING SPOTLIGHT JANUARY 2025



Highlights...

Client Spotlight: Dr. Belinda Seagram

Our Newest Authors!

Team Spotlight: David Alvarez

Leadership Spotlight: David Alvarez

Much, Much More!

Client Spotlight: Dr. Belinda Seagram

Meet **Dr. Belinda Seagram**, a trailblazing clinical psychologist with over 30 years of experience in trauma recovery. Through her powerful book, ***Summitting Your PTSD Mountain: Lessons from Kilimanjaro***, Dr. Seagram inspires readers to tackle PTSD like climbing a mountain—one step at a time—with perseverance, support, and the right mindset. (contd on Pg 3)



Belinda



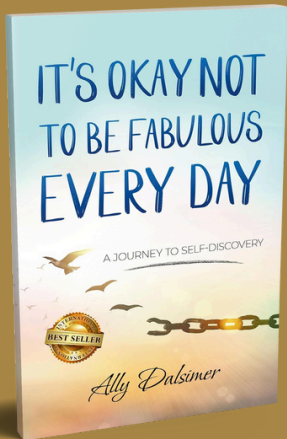
David

Team Spotlight: David Alvarez

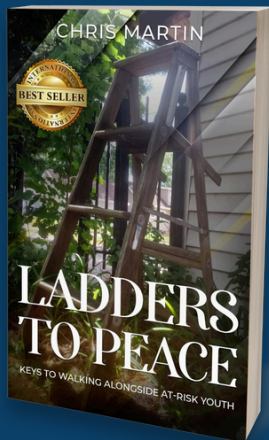
Meet **David Anthony Alvarez**, a driving force at Best Seller Publishing (BSP), where he helps aspiring authors create impactful books and businesses. With nearly a decade of experience, David's expertise, passion, and dedication inspire both clients and colleagues. Stay tuned to learn more about this powerhouse of strength and heart! (contd on Pg 4)

2025 Book Highlights

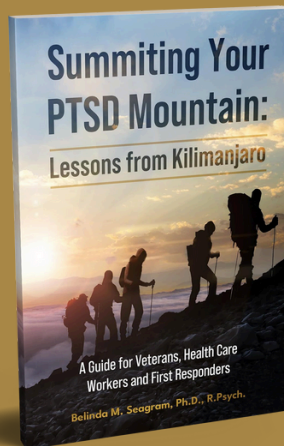
This month we are highlighting four books that have recently launched to bestseller. Make sure to check them out!



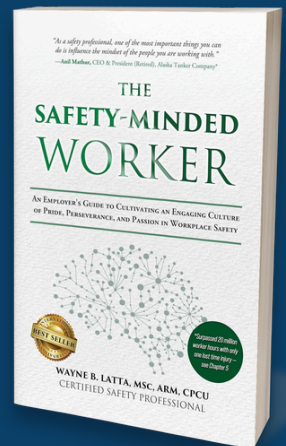
It's Okay Not to Be Fabulous Every Day by Ally Dalsimer is an award-winning, heartfelt guide that empowers readers to embrace their imperfections, let go of perfectionism, and find strength in authenticity.



Ladders to Peace by Chris Martin is a powerful and compassionate guide, blending personal experience with advocacy to provide real-life insights into supporting at-risk youth through mental health struggles, addiction, and adversity.



Summitting Your PTSD Mountain by Dr. Belinda Seagram is an inspiring guide that blends her trauma expertise with lessons from climbing Kilimanjaro, offering practical tools and powerful insights to help readers overcome PTSD one step at a time.



The Safety-Minded Worker by Wayne Latta is a game-changing guide that empowers employers to build a proactive, emotionally intelligent safety culture, transforming workplace safety into a source of pride, perseverance, and passion.

Dr. Belinda Seagram (cont'd Pg 1)



Dr. Belinda Seagram is a registered clinical and forensic psychologist with over 30 years of experience in clinical practice, research, and supervision. With a Ph.D. from York University, she has a strong focus on trauma recovery, particularly in high-risk individuals such as veterans, first responders, and adolescents facing severe challenges.

Belinda's journey spans various roles and settings, from her early work in Ontario's Correctional Service to leading Pine River Institute's wilderness therapy program. Her expertise extends to working with youth in custody and contributing to trauma response efforts, such as those for survivors of the Concordia shipwreck. Throughout her career, Dr. Seagram has been deeply committed to supporting those injured in the line of duty, particularly through her non-profit initiative, Landing Strong, founded in 2017. This organization offers vital support to veterans and first responders struggling with Operational Stress Injuries (OSI).

In addition to her clinical practice, Dr. Seagram has authored the compelling book ***Summitting Your PTSD Mountain: Lessons from Kilimanjaro***. The book uses the metaphor of climbing a mountain to illustrate the difficult but achievable journey of PTSD recovery. Drawing from her personal experiences and insights from a Kilimanjaro expedition, the book emphasizes that recovery is a process, requiring perseverance, a supportive team, and a shift in perspective.

Dr. Seagram's work combines clinical expertise with a deep passion for helping others navigate trauma. Her book provides hope and practical tools for those dealing with PTSD, showing that the recovery process is not about reaching a final destination but embracing the transformative journey. With a proven track record of assisting individuals in crisis and promoting trauma recovery, Dr. Seagram continues to make a significant impact in her field.

Through her dedication to healing and her organization's mission, Dr. Seagram remains a vital resource for those seeking support through life's toughest battles. Her book, *Summitting Your PTSD Mountain*, is a testament to her approach—offering not just a path to recovery, but also hope, strength, and resilience along the way.

David Alvarez (cont'd Pg 2)

David Anthony Alvarez is one of the key driving force of Best Seller Publishing (BSP), a leader whose expertise and dedication have shaped the company's success and empowered countless aspiring authors. At 43, and hailing from San Gabriel, California, David brings nearly a decade of transformative impact to BSP. As an **Author Development Coach**, his work is not just a job—it's a mission to guide authors toward creating books and businesses that leave a lasting legacy. David's role is central to BSP's vision, and his influence resonates far beyond the projects he oversees. He is a cornerstone of our team and an inspiration to all who have the privilege of working alongside him.

As an Author Development Coach, David has been pivotal to BSP's success for nearly a decade. His role involves guiding aspiring authors through one-on-one strategy sessions, helping them gain clarity and direction for their projects. From structuring book concepts to onboarding clients with the team, David ensures every author's journey is seamless and impactful.

One of David's proudest career highlights is fostering long-term relationships with clients, driving repeat business, and earning valuable referrals. His secret? A mix of strong emotional intelligence, masterful communication, and relentless persistence. These qualities not only enhance his ability to connect with clients but also cement his reputation as a reliable and inspiring partner in their success stories.

David credits BSP's leadership and the team's collaborative spirit for keeping him motivated. Working with a "chess master" leader and a talented team makes each day rewarding and fulfilling.

Off the clock, David channels his adventurous spirit into restoring classic cars—a hobby that blends history, craftsmanship, and exploration. His weekends often involve "treasure hunting" at yard and estate sales, uncovering antiques with unique stories. An advocate for health, David stays active through daily runs and weightlifting, maintaining a balance that fuels his energetic lifestyle.

Described by three words—adventurous, energetic, and family-oriented—David thrives on integrity, respect, and growth. His biggest fear, living without purpose, propels him to prioritize meaningful relationships and aligned opportunities. For him, happiness means being a present father and husband, achieving professional success, and enjoying life with wellness and vigor.

Symbolized by a tiger, David embodies strength, determination, and a softer, loving side. His story reflects unwavering commitment to excellence, personal growth, and living a meaningful life. A true inspiration, David reminds us of the power of connection, the importance of growth, and the joy of balancing ambition with heart. He's more than an inspiration—he's a legacy in the making.



David Alvarez (cont'd Pg 4)

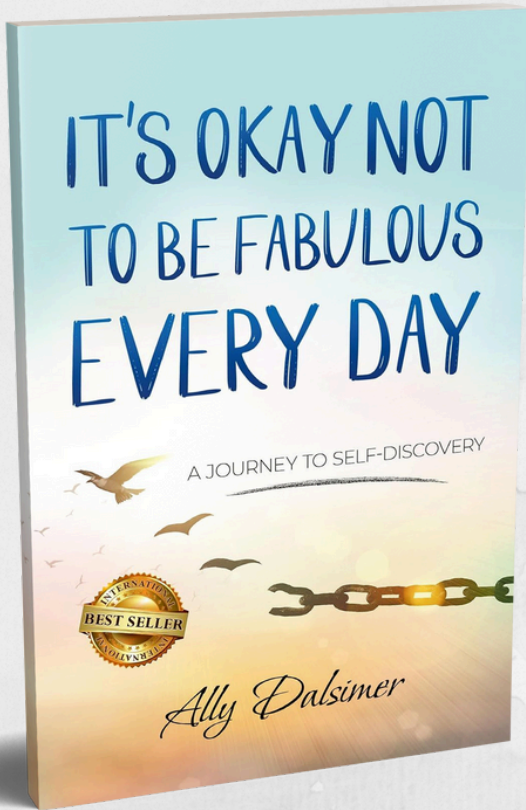
Quick Personal Insights



1. What is your idea of perfect relaxation? ***Sitting on the sand at the beach watching the sunset with my wife.***
2. Fast or slow? ***Fast! Very very fast!***
3. Attend a party or host a party? ***Attend a party***
4. Your weirdest nickname? ***When I was a kid, my younger brother used to call me Ba-Bean-Dude. Not sure why..***
5. What job would you be terrible at? ***Fast food***
6. City or countryside? ***Both***
7. If you could create a movie title that best describes your life today, what would it be? ***"Faith, Family and Fortune"***
8. What is love to you? ***Love is both an action and a feeling that brings meaning and joy to my life.***
9. What was the nicest thing someone said about you? ***The nicest thing someone has said about me is that they genuinely enjoy spending time with me and being around me. It means a lot because it reflects the positive energy and connection I strive to bring to my relationships***
10. What is the biggest misconception about you? ***The biggest misconception about me is that because I'm 6'5" tall and have a large presence, people sometimes find me intimidating or assume I might be mean or unapproachable. In reality, I'm the opposite—I'm friendly, kind-hearted, and always strive to make others feel comfortable and valued***
11. What is your hidden talent? ***My hidden talent is juggling, which I taught myself over a summer during high school. It's a skill that often surprises people and reminds me of the value of patience and practice***
12. Owe money or owe a favor? ***Owe a favor.***
13. The worst thing you did for love. The best? ***The worst thing I've done for love is that I've gone to concerts for bands I didn't like and sat through TV shows I had absolutely no interest in. The best thing I've done for love is meeting my incredible wife and starting a family together. It's been the most fulfilling journey of my life—and my kids are the best proof that love was definitely worth it!***
14. What makes you angry? ***Lazy people***
15. Be embarrassed or be afraid? ***Be afraid***
16. What do you think is your best quality? ***I believe my best quality is my drive and energy. I'm always striving for success, not just for myself but to provide more for my family.***
17. Past, present, or future? ***Future***
18. How do you overcome betrayal? ***Just keep moving forward.***
19. If you can plan your death, how would it be? ***In my sleep***
20. Rich and famous or Rich and unknown? ***Rich and famous.***

2025 Book Highlights

It's Okay Not to Be Fabulous Every Day



It's Okay Not to Be Fabulous Every Day by Ally Dalsimer is a heartwarming guide to self-acceptance and personal growth. With humor and vulnerability, Dalsimer offers a refreshing perspective on embracing your true self. This empowering book helps readers shed perfectionism, bounce back from setbacks, and cultivate self-compassion.

Ally Dalsimer is an award-winning author and life coach with a deep passion for self-discovery and personal development. Her writing delves into life's joys and struggles, resonating with readers who seek authenticity. Her debut book has been celebrated for its honesty, vulnerability, and powerful lessons on living a fulfilling life.

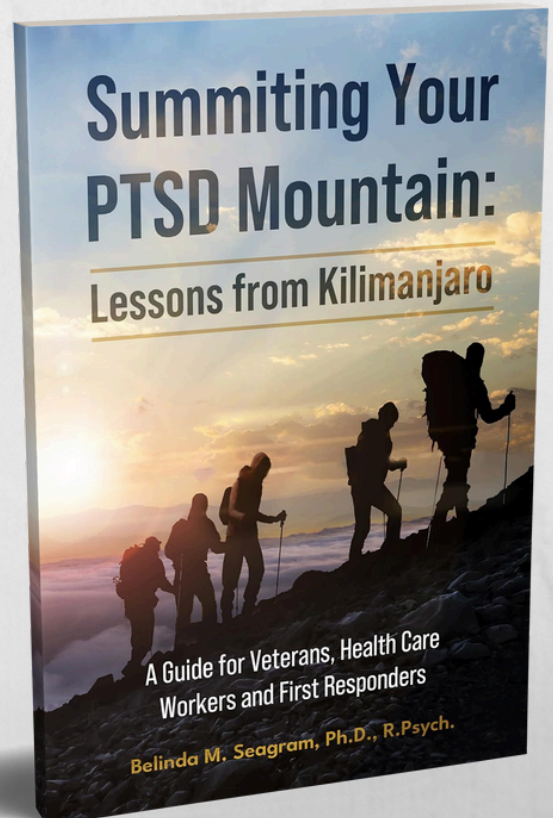
Ally's debut book has earned praise for its practical tools, inspiring quotes, and actionable insights. It was named a CM "Top 50 Nonfiction Book of 2024." Whether you're navigating grief, self-love, or personal growth, Ally's heartfelt storytelling provides readers with the strength to embrace their imperfections and achieve their dreams.

Summitting Your PTSD Mountain

Summitting Your PTSD Mountain: Lessons from Kilimanjaro by Dr. Belinda Seagram offers a transformative perspective on overcoming PTSD. Drawing parallels between climbing Mount Kilimanjaro and healing from trauma, this guide equips readers with practical tools, personal insights, and the motivation to tackle their recovery journey one step at a time.

Dr. Belinda Seagram, a registered clinical and forensic psychologist, brings over 30 years of expertise in trauma recovery, including her work with high-risk individuals and first responders. She founded Landing Strong in 2017 to support Veterans and First Responders facing Operational Stress Injuries, emphasizing timely care and healing.

Dr. Seagram's unique approach to PTSD recovery draws inspiration from her own Kilimanjaro expedition, offering readers valuable life lessons on resilience and personal growth. The book also highlights the importance of building a supportive team, showing how collaboration and faith in the process can make all the difference in overcoming PTSD.



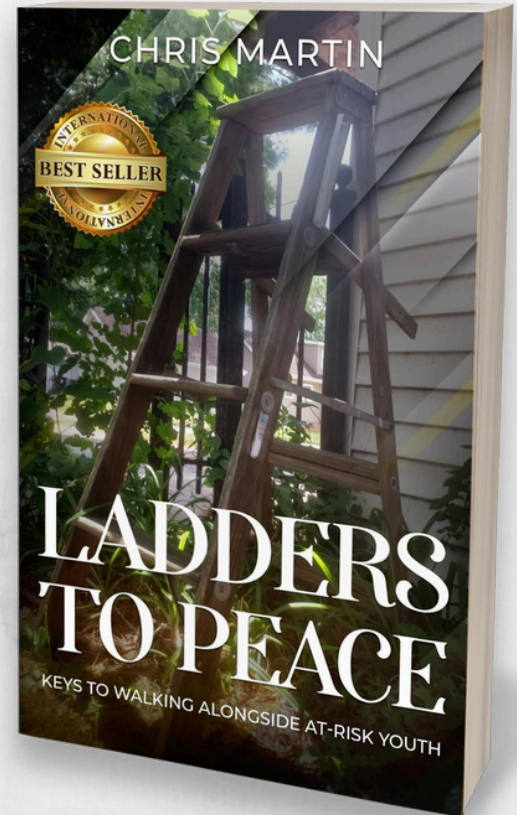
2025 Book Highlights

Ladders to Peace

Ladders to Peace: Walking Alongside a Youth in Crisis by Chris Martin offers a raw and empathetic guide for those supporting troubled youth. Through the author's journey, this book explores mental health struggles, addiction, homelessness, and the fight for peace, providing lessons and insights to navigate these challenges with hope.

Chris L. Martin is a passionate youth advocate with a lifetime of experience supporting at-risk youth. Having worked in both third-world settings and across the United States, Chris has served in multiple mentoring roles, offering both wisdom and emotional support to young people facing adversity.

This book combines Chris Martin's personal experience with his advocacy work, offering readers a powerful narrative about overcoming trauma and adversity. With real-life insights into mental health struggles, addiction, and suicide prevention, *Ladders to Peace* is an invaluable resource for those walking alongside youth in crisis.

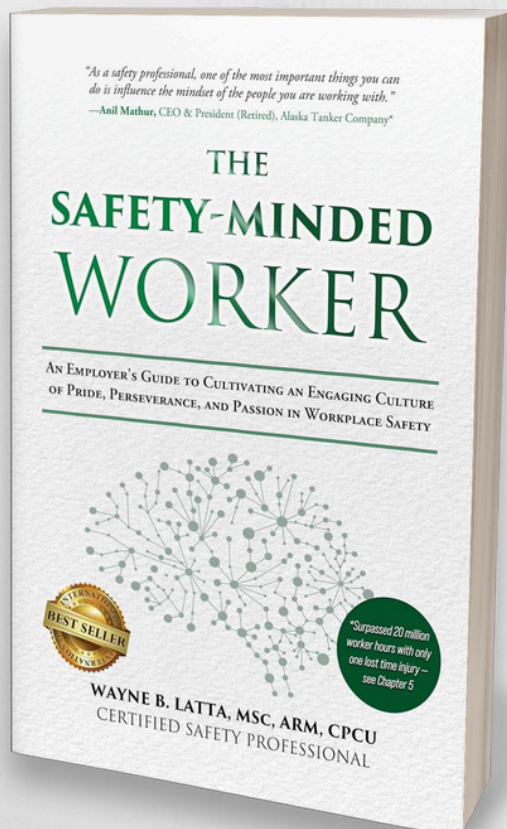


The Safety-Minded Worker

The Safety-Minded Worker: An Employer's Guide to Cultivating an Engaging Culture of Pride, Perseverance, and Passion in Workplace Safety by Wayne Latta provides a comprehensive strategy for fostering a safety-first culture. The book teaches employers how to replace fear with a proactive safety mindset, helping organizations reduce risk and improve employee well-being.

Wayne Latta, a certified safety professional with over 40 years of experience in Occupational Safety and Health Management, has worked in industrial, manufacturing, and construction settings. He founded **Latta Safety Systems LLC** to guide businesses in creating safety-minded teams committed to reducing workplace hazards and enhancing overall safety culture.

Wayne Latta's book not only focuses on reducing workplace injuries but also introduces a new way of thinking about safety—through emotional intelligence, goal-setting, and the identification of safety decoys. By shifting the focus from fear to proactive awareness, employers can cultivate a culture that prioritizes safety, enhancing both employee engagement and business success.



PR Spotlight

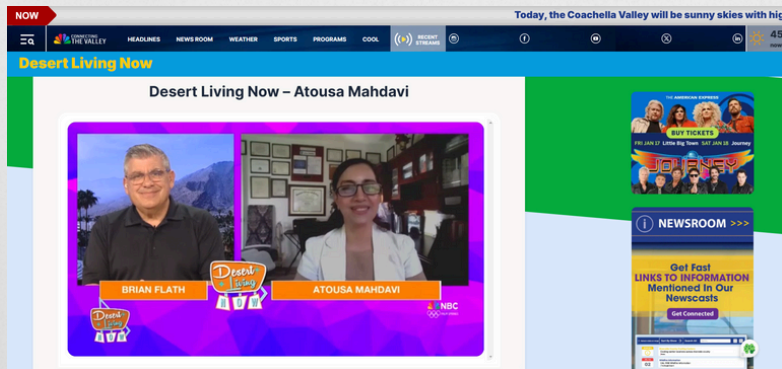
Dr. Atousa Mahdavi

Dr. Atousa Mahdavi is a trailblazer in the world of holistic health, blending Western science with Eastern wisdom to transform lives. As a distinguished chiropractor, best-selling author, and expert in integrative and functional medicine, her career spans over 28 years of empowering individuals to achieve optimal health and vitality. Recognized by the Wall Street Journal and Amazon, she is also a Hatha Yoga Master teacher, Ayurvedic Yoga therapist, and part-time faculty member at Southern California University of Health Sciences.

Graduating Magna Cum Laude in 1994, Dr. Mahdavi's commitment to lifelong learning is evident through her diverse certifications, including a Qualified Medical Examiner board specialty and intensive studies in Ayurvedic medicine. Her expertise is matched by her passion, as she combines science and ancient practices to address modern health challenges. Over the years, she has helped elite athletes and celebrities alike unlock their full wellness potential.

Her acclaimed book, ***Wholly You: Decoding the Secrets to Vitality, Longevity, and Prevention***, encapsulates her philosophy. It offers readers actionable insights to navigate today's fast-paced world while restoring physical, mental, and spiritual harmony. The book's unique blend of holistic living strategies and pharma-free solutions provides a roadmap for achieving balance in a toxic modern environment.

Dr. Mahdavi's unwavering dedication to holistic health makes her a beacon of hope for those seeking vibrant living. Her journey is a testament to the power of integrating science, tradition, and compassion in the pursuit of wellness.





Leadership Spotlight

by **David Alvarez**

Life and Leadership

Leadership is often seen as an external role—guiding others, driving results, and achieving goals. But at its core, leadership is deeply tied to how we approach life itself. True leadership begins with self-awareness and a commitment to personal growth. When leaders prioritize inner development, they not only inspire others but also build the resilience needed to navigate life’s complexities.

One of the most powerful lessons in both life and leadership is the importance of authenticity. Being authentic means embracing your strengths and acknowledging your weaknesses. Leaders who lead with authenticity foster trust and create environments where others feel empowered to do the same. In life, this translates to living with integrity—staying true to your values, even when faced with adversity.

Another key principle is adaptability. Life is full of unforeseen challenges, and leadership often requires swift decision-making under uncertain circumstances. The ability to adapt doesn’t mean compromising your core values; it means staying flexible and finding creative solutions. Leaders who embrace change model a growth mindset, encouraging others to see obstacles as opportunities for innovation.

Empathy is another cornerstone of effective leadership and a meaningful life. In leadership, understanding and valuing the perspectives of others strengthen relationships and build cohesive teams. In life, empathy fosters deeper connections and helps us navigate conflicts with compassion. Leaders who actively listen and consider the needs of others inspire loyalty and collaboration.

Finally, both life and leadership require a focus on purpose. Great leaders are guided by a vision that extends beyond immediate goals, motivating themselves and their teams to strive for a greater good. Living a purposeful life brings fulfillment and direction, ensuring that actions align with long-term aspirations.

Leadership is not confined to boardrooms or titles; it’s a mindset that shapes how we engage with the world. By cultivating authenticity, adaptability, empathy, and purpose, we can lead not just others, but ourselves, toward a richer, more meaningful life. True leadership is about growing alongside others while leaving a positive and lasting impact.



David



January Upcoming Events

A new year is upon us, and January brings a fresh start along with exciting events to look forward to. Here's what's happening this month:



National College Football Championship Game!



Sports fans, mark your calendars! The National College Football Championship game is set for January 20. Who will take home the trophy this year?



Holly's Husband's Birthday Celebration



Join Holly in celebrating her husband's special day! Wishing him a fantastic birthday filled with love and joy!

Let's make January 2025 a month to remember, filled with both exciting events and moments to cherish. Stay tuned for more updates!