

A grayscale portrait of Jameka L. Vereen, a Black woman with curly hair, looking slightly to the right. The image is overlaid with a dark gray filter. Orange decorative lines are present: a vertical line on the top left, a horizontal line on the top right, a horizontal line on the bottom left, and a vertical line on the bottom right.

Jameka L. Vereen

AUTHOR CREATIVE WRITER SPEAKER

ABOUT JAMEKA L. VEREEN

Jameka is a passionate artist and visionary committed to using her voice and gifts to empower others to take inspired actions, be confident and live their most marvelous life. This remarkable, extraordinary young woman has endured many trials and difficulties in her life. After taking time to absorb the shock of the punches thrown to her by life, she has recovered, healed and is ready to do damage to the enemy's territory by training women everywhere to succeed in life through her powerful coaching and mentoring services.

She is dedicated to changing the lives of all people, but specifically single mothers. Recently, she has published her first book as a motivational and information guide to assist them in activating their purpose. She is the author of Restoration Blueprint: Helping Single Mothers Heal, Hope, and have their Dream Life. The book was designed to ignite their confidence and encourage them to purpose their destiny, despite obstacles that they may face along the way. She has dedicated her life to helping women obtain possibilities that they were previously unaware even existed. In addition to being the leader of Restoration Blueprint, a movement for single moms, Jameka serves her community in many other ways. She is a member of Member of Delta Sigma Theta Sorority, Inc and hosts events such as When Women Unite (WWU). WWU are networking events centered around collecting items that are donated to local non-profits in the Raleigh-Durham (RDU) area that assist women. Past recipients who received donations include the Women's Center of Wake County and Interact of Wake County.

She is a sought-after speaker, Jameka has spoken at the noted North Carolina Central University (Durham, NC) on the topic on domestic violence and the Kestrel Heights Charter School (Durham, NC) for their Senior Class Seminar. Jameka is not only a dedicated community builder, speaker, author, and advocate; she is also an artist. She has been a poet for over 30 years and has published works on all major audio platforms. Her artistry has led her to be an opening act for gospel and hip-hop artists, and also work in the fashion industry.

Jameka is a strong advocate for hard work and education. She has a B.S. in Health and Wellness from St. Augustine's University in Raleigh NC and she is currently pursuing her a dual-program masters degree in Public Administration and Education at Strayer University, also located in Raleigh, NC. When Jameka is not fulfilling her mission to help women turn devastating losses into victory, she delights in spending time with her son in North Carolina and enjoys basketball, writing poetry, and journaling.



"The worse thing turned out to be the best thing because now I am free."

"Restoration allows you to be proud of who you are and not ashamed of how someone else sees you."

"Knowing how to forgive yourself is just as important as it is for you to forgive someone else."

"When someone or something no longer has control over you, then you are free."

Who are your favorite writers?

My favorite writers are Mya Angelou and Jacqueline Woods.

Mya Angelou had a calamity on the way that she wrote and spoke but you would still feel the strength, the force, and empowerment through every word written.

Jacqueline Woods is my creative genius. What originally attracted me to her is that she was an award winning author/poet from a small town in South Carolina and I'm from South Carolina. Then, when I read her book, *Brown Girl Dreaming*; I was all the way sold in.

Where do you get your ideas?

My writing ideas are sparked by personal passion and happening in the world. Sometimes being a creative person becomes a challenge because you have so many ideas that just flows and you have to step back and take it one idea at a time so you're not overwhelming yourself.

Why did you write this book?

Many thought I would write a poetry book first because of my background in poetry. Having experienced many hardships in life, I felt there was a greater need for women; particularly single mothers to share my story and how I was able to be restored. *Restoration Blueprint* is designed to serve as a guide to help women reconcile life events, resulting in a life of peace and fulfillment. It provides the reader with strategies to revitalize personal purpose eclipsed by stress, struggles, and strife.

What's the most important lesson or message readers will get from it?

Stay true to who you are and your life purpose. And don't let circumstances take you away from that path to purpose.

What do you hope will come from others reading it?

I hope that some young lady let go of any extra baggage and becomes inspired to strive to reach her goals.

SAMPLE AUTHOR Q&A / TIP SHEET



SELL SHEET

Title

Restoration Blueprint “Helping Single Mothers Heal, Hope, and live their Dream Life”

Author

Jameka L. Vereen

Genre

Inspirational

Price

\$17.99

of Pages

114

ISBN

9780998427140

Publication Date

February 28,2019

Synopsis

Life is full of cycles. Historically, women have always managed to rise above the most adverse or tragic situations. The beauty of a woman is her ability to recognize her strength in her brokenness.

Restoration Blueprint is designed to serve as a guide to help women reconcile life events, resulting in a life of peace and fulfillment. It provides the reader with strategies to revitalize personal purpose eclipsed by stress, struggles, and strife. Jameka shares how she used life lessons, the magic of her strength and her village to be restored. Through her story, you will be empowered to begin your path to total restoration.

Formats Available

Print and Download

Available Platforms

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Territories Sold

United States

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Book Excerpt

I HAD TO DIG DEEP TO BE THE STRONGEST PARENT FOR MY CHILD. WHILE I WAS DEALING WITH HURT, ANGER, DEPRESSION, SELF-BLAME, EMBARRASSMENT AND MORE, I KNEW THERE WAS NO ROOM FOR THE WEAK. IT WAS A REALITY MOMENT BECAUSE I KNEW THE ROAD AHEAD OF US WAS ABOUT TO BE LONG AND HARD.



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