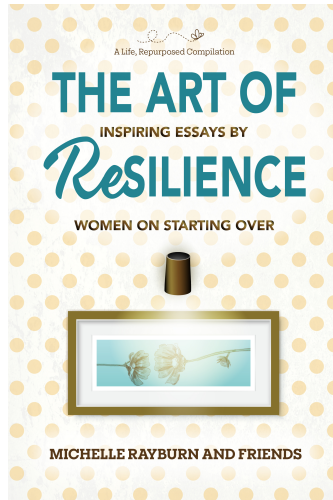


The Art of Resilience

Inspiring Essays by Women on Starting Over

A compilation by Michelle Rayburn and friends

These and other guidelines and tools are available at: www.faithcreativitylife.com



Pease read all guidelines prior to submitting a manuscript for consideration.

Book Description Draft:

Life can throw unexpected challenges our way, but within every obstacle lies the opportunity for transformation. In *The Art of Resilience*, a diverse group of women share their personal journeys of beginning anew—whether through loss, career change, unexpected life shifts, or struggles of the heart. Each author reflects on the power of resilience and how God's grace has carried them through the toughest of times.

This collection of essays is a testament to the strength, courage, and unwavering faith that women possess as they rebuild their lives. From moments of heartache to experiences of personal growth and strength, these stories will inspire and encourage all women to embrace the art of starting over, trusting that a new chapter is always possible.

Target Reader:

The target reader is a woman facing a significant life change or challenge—whether it's a personal setback, unexpected hardship, or a season of uncertainty. She seeks inspiration, encouragement, and practical wisdom to embrace new beginnings. She is drawn to stories of resilience and personal growth and is open to the idea that with God's help, she can navigate adversity and emerge stronger.

Examples of Types of Topics Covered:

- **Starting Over After Loss**
Personal stories of healing and rebuilding after the death of a loved one, divorce, or the loss of a dream.
- **Career Reinvention**
Navigating a major career change or pivot, including overcoming fear and embracing new opportunities.
- **Faith Through Adversity**
How faith provided strength during times of struggle, doubt, or unexpected challenges.
- **Overcoming Health Challenges**
Rebuilding life after a serious illness or injury and finding resilience through physical and emotional recovery.
- **Embracing Single Motherhood**
Navigating the challenges of raising children alone and finding strength in the journey of motherhood.
- **Financial Setbacks and Recovery**
Stories of bouncing back from financial hardships, such as bankruptcy, debt, or job loss.
- **Healing from Emotional Trauma**
Overcoming emotional scars from abuse, betrayal, or other forms of trauma, and finding wholeness.
- **Finding Purpose in Midlife**
Rediscovering passion, purpose, and a sense of direction after a significant life change, such as an empty nest or retirement.
- **Rebuilding After Failure**
Turning failure into a steppingstone for growth and learning valuable lessons from mistakes and setbacks.

Details:

All books in the Life Repurposed Compilation series include some sort of repurposing, regeneration, and renewal theme that helps people find hope in the life experiences we'd rather toss in the trash. Look for ways to tie that in without being overdone (if it works). A little thread is good. Think of words like re-do, restart, do-overs, glimmers of hope, and discovering things about yourself that change you. The series is also faith-based, so inspirational application and themes are welcome.

First-person true stories of 1300–2000 words. (Please, no ghostwritten stories or as told to. Must publish using your real name.) No preachy tone or Bible study. These are essays and creative true storytelling.

You may submit multiple pieces for consideration, but there is no guarantee of being published.

U.S. authors only.

Timeline:

Deadline for submissions is December 14, 2025. Submissions close at midnight CT.

- You will be notified of acceptance no later than January 15, 2026.
- You'll receive a PDF of your chapter to proof by February 12, 2026 or sooner with any corrections to be submitted within seven days.
- Your contributor copies will begin going out on preorder during the week of February 23, 2026. (They take up to 2–3 weeks to arrive.)
- We'll have a virtual launch party of some sort around March 18, 2026.

Rights and Publishing:

Submissions to *The Art of Resilience* are one-time rights (whether reprint or new) to be published in a print paperback book and in an ebook with the possibility of an audiobook. You may use your submission elsewhere since you own the rights to your piece. You may use a previously published article or blog post as long as you own the rights for using it and if you edit it to fit the length and audience for this book. Contributors will receive a contract that spells out rights and permissions.

If your submission has been published elsewhere, please specify this on the submissions form.

This will be published under the imprint owned by Michelle Rayburn: **FCL Books**. It will be available for sale on Amazon and other online retailers in the print form and on Kindle for the ebook. It will be distributed by Ingram to other book retailers.

Contributors will have a bio appearing at the end of the book or at the end of their chapter, and they may also include a link to their website in that bio (or to **one** social media platform).

Compensation:

Each contributor will receive 2 free copies.

Wholesale Purchasing:

Contributors may purchase books at a wholesale price of 50% off the cover price plus shipping. Orders will have a minimum purchase of 10 books.

Those will be direct shipped from Amazon to the author after payment is made to Michelle Rayburn via a credit card. Wholesale re-orders will be available to contributors as long as the book is in print. Orders take approximately 2–3 weeks to arrive.

Example: \$15.99 cover price. Authors purchase books at \$8.00 each plus shipping. They may re-sell them at cover price or price them as they wish.

Marketing and Publicity:

Publicizing the book is a team effort. Authors will receive graphics or Canva templates to share on social media and other promotional materials. It is understood that if you submit to the project, you agree to share about the book on your social media channels and email list.

You'll receive a press release template, marketing tips, and more.

Submission Guidelines:

Manuscripts will be reviewed for consideration and authors will receive one of three responses:

- 1) An acceptance along with a contract.
- 2) A request for further edits before receiving a contract.
- 3) A thank you for submitting, but we don't think the piece is the right fit.

All submissions will go through an editing process, and the author will have the opportunity to view a PDF proof before it goes to print to check for typos. **Writers must follow the writers' guidelines and formatting to be considered for publication.**

All submissions will be sent via a Google Form where there is also a place there to upload your Word Document. (No email submissions will be accepted.)

[Click here for the Submissions form for The Art of Resilience](#)

Document Setup:

- Download the FCL Books Word template document from [the submissions info here](#).
- Submissions **must** be in a Word document with the author's name included in the title of the document. Set up Word with:
 - Times New Roman 12 pt. font.
 - 1-inch margins all the way around.
 - Double space the document.
 - Indent the first line of each paragraph .3 using the paragraph formatting **and not tabs or spaces at the beginning of paragraphs**.
 - Use only 1 space after a period.
 - Insert your name and email in the header of the document. (See template.)
 - Insert your name below the chapter title exactly as you'd like it to appear in print.
 - Include a bio of 50–75 words at the top of every submission (see Word template).
 - Please **do not** use bullet points in your story. But do insert subheadings to break up chapters or use *** to indicate a scene break.

Editing Notes:

- You may use em dashes without a space on either side.
- Try to avoid using ellipses if possible.
- Please follow the guidelines of the *Christian Writer's Manual of Style* and the *Chicago Manual of Style* when self-editing your work.
- Deity pronouns (him, he, me, my, his, you, your) are **lowercase**.
- If you quote any Scripture, the **New Living Translation** is the translation of choice. Suggestion: check BibleGateway.com to make sure you're using the most recent version in your quotes. Copy and paste is the best way to ensure accuracy.
- If used, please put Scriptures in quotation marks as run-in citations with the reference following the quote (no long block quotes or Scripture inserted on lines by itself). Correct example: "For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life" (John 3:16).
- Please check to make sure small caps stay on LORD if you insert a verse.

Tips for Making Your Submission Stand Out:

- Follow the guidelines for submission.
- Show vulnerability and authenticity.
- Make your writing engaging and help the reader feel part of the story.
- Be creative in titling your chapter.
- Use clever subtitles throughout your nonfiction chapter to break up the text and capture the reader's attention.
- Use dialogue to show rather than tell.
- Use creative nonfiction techniques to tell a story and capture the reader's interest.
- Write with the reader always in mind. The book is for them, even if it's your story.
- Tell a story in a way that connects with a reader's emotions; make them laugh, cry, get chills.
- Start with a strong hook. Do not give away the ending in the opening!
- Know where you're going with your story and artfully unfold it.
- Avoid controversial issues, political topics, or denominational topics.
- Share specifics, rather than generalizations. Unpack it for the reader.

If you haven't been able to find the answer to a question in this document, which is now longer than a college application, please send an email to michelle@faithcreativitylife.com 😊

I look forward to seeing your contributions!

Michelle

About the publisher of this project:



Michelle Rayburn is a successful indie author and is a copyeditor, cover designer, and typesetter for other authors. She has won multiple awards for her books. *Life Repurposed*, the first compilation she published in 2021, received honorable mention in 2022 for the inspirational gift book of the year in the AWSA Golden Scroll Awards. *Renewed Christmas Blessings* achieved #1 New Release status on Amazon. Several authors in the compilations have won Golden Scrolls or Selah Awards for their chapters. Learn more about Michelle at www.michellerayburn.com or about Faith Creativity Life Books at www.fclbooks.com.

Praise from writers who have been part of an FCL Books compilation:

“Having been a contributor to two of Michelle Rayburn’s amazing compilations, I couldn’t be happier with the experience. Michelle is a fantastic cheerleader, excellent editor, and makes the entire process fun. I have loved reading the final products, seeing a topic from so many different points of view, and enjoying the sense of community with other like-minded writers.”

“Working with Michelle Rayburn is a real treat. She is professional, approachable, and gracious, and her compilations reflect that. Her talent and creativity cause each contribution to shine like a gemstone in the perfect setting.”

“Professional, organized, goal-oriented and thorough each time . . . She offers appealing marketing tools and easy to implement strategies. Most of all I appreciate that her goal is to honor Christ and draw people to him. I trust my own reputation in her hands.”

“The entire process was so well-organized. Michelle provides clear guidelines and due dates, communicates effectively with contributors, and produces a beautiful, professional book that writers are proud to be part of.”

“Michelle has been a true professional. She does what she says she’ll do. She explains everything that’s going to happen which was so important to a rookie like me. . . .The whole process was enjoyable!”

“Michelle took my story and smoothed it out so it flowed better. She’s a wonderful/knowledgeable editor, easy to work with, and wants only the best for her authors. I look forward to submitting to future anthologies!”

“As one who loves this kind of teamwork and has collaborated on nearly twenty such books over the last several years, covering a variety of topics and with numerous publishing houses and overseeing authors, I find Michelle’s work to be outstanding. . . . Being one of her authors has brought me an abundance of joy!”

“Michelle created an opportunity to experience a fun project from start to launch. Not only did she stretch me to write my best, she advocated for me in the mailing process. The launch was a breeze with memes and giveaways and created a great teamwork atmosphere. I’m grateful for the journey!”

“[Michelle] encourages, equips, and motivates us to do the best work we can do from the submission process to marketing the book. . . . I’m very grateful to the Lord for being a part of *Renewed Christmas Blessings*!”

“Michelle Rayburn is gifted at bringing the best out in all her author friends. Being in her compilation books is an honor and a joy. She is a gracious, godly leader. Michelle is organized. talented, professional, AND terrific at marketing too!”