

RoseDog Books

Glen Hills, PA Author Publishes Motivational Book

This Book is a Guide to Changing Your Everyday Life for the Better

All you need every day of your life!, a new book by Tracey E. Craig, has been released by RoseDog Books.

Tracey E. Craig is a Wellness/Life Coach and Personal Trainer. Tracey has inspired and motivated people of all ages to live a healthy lifestyle: physically, emotionally and spiritually. She has years of experience, not only helping others, but helping herself. Tracey shares her ups and downs and how she achieves all her dreams and goals, God willing. She shares her actual journal entries throughout her life and testimonials from people of all ages.

This book gives you a look into how you can change your daily practices, so whatever has been holding you back, Tracey will walk through it. So you too can and will be the best version of you that you were meant to be. You will live a life of being excited to wake up and live with peace, joy and purpose.

“Patience is Powerful, Truth is a Treasure and Faith is Fearless,” says Tracey. Her mission is to motivate, inspire and educate all that reaches out to her so not one person ever feels lost or alone.

All you need every day of your life! is a 98-page paperback with a retail price of \$12.00. The ISBN is 978-1-4809-9562-8. It was published by RoseDog Books of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore at www.rosedogbookstore.com.