

# Pandemic pushes Castle Rock resident to achieve her dreams

## Codie Winslow is excited as her first book is published

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If Codie Winslow learned anything during the pandemic, it was to use time wisely and finally do the things she always said she wanted to do.

Winslow, a Castle Rock resident, said her lifelong dream has been to write a book. Thanks to all the free time COVID-19 restrictions allowed, she achieved that dream.

“For me, it is exciting to finally see this become a reality,” Winslow said. “In COVID, there became a sense that there is not any time left. There became this sense that it is time to climb that mountain. For me, it was just time to write that book. What better topic than focusing on inspiration and hope in a time like COVID where we need it most.”

Winslow said ‘Live it Out – Hope, A Devotional Journal’, is an interactive book aimed at helping people dig deeper and change negative habits over 30 days. Winslow said every aspect of the book is based on her faith in God.

Winslow, with degrees in journalism and education, said this book is more of a “devotional journal.”

“Every chapter has a story from my life and then pages for the reader to do their own journaling,” she said. “The entire book contains 30 devotions and 30 journeys.”

When Winslow sat down to start putting words to paper, she said her goal was to help readers “build a habit of hope.”

“It is all about reading, building and reflecting,” she said. “Instead of continuing a negative habit, work to pick a positive habit to lead a more happy, hopeful life.”

The book's 30 chapters are split up into three sections - faith, revelations and relationship. Winslow, being an avid writer and blogger, said she wanted these sections to encourage thought and push readers to write and reflect on how their own experience pertains to the topics and paths in the book.

As ‘Live it Out- Hope, A Devotional Journal’ is appearing on the Amazon virtual bookshelves and being sold locally, Winslow said she feels like pinching herself to make sure it is real.

“I am just celebrating the fact that I have done something I have always wanted to do,” she said. “Now is the time.”

Winslow will be signing copies of her book at Sudden Fiction Books, 221 Perry St. Castle Rock, on July 31, starting at 1 p.m. Learn more about the signing at [suddenfictionbooks.indielite.org/event/author-event-codie-winslow](https://suddenfictionbooks.indielite.org/event/author-event-codie-winslow).

To learn more about Winslow, visit her website at [www.codiewinslow.com](http://www.codiewinslow.com).

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