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| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Hello and Welcome to my February Newsletter.**  **Upcoming FREE Event** **Add this event to your calendar and please share with all your friends.**Come along and join me at the Dymocks Ellenbrook store at the Ellenbrook Central Shopping Centre, **Saturday 9th March 2019 at 11am** for a Book Signing of the Lepidoptera Vampire Trilogy. Books will be available for purchase and signing on the day. There will be some giveaways as well. Hope to see you all there.**What have I been up to in February****New Website Coming Soon**Recently I have been looking into how my website is performing for me when readers want to interact with me. It has come to my attention that whether my readers wanted to chat with my about my books, or read my newsletters/blog posts, or even how to purchase a book was taking a lot of time to try and navigate around my website and had become frustrating to some. Taking all this into consideration I have now employed a company called Elevate Social to create/design a new website for me. I must say that I am very excited and cant wait to see the finalized product. In the meantime my readers can still visit and interact with my old website, but by the end of March, I would say my new website will be up and running.[Elevate Social](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=fc329a0ee3&e=95372ea56d)  **LinkedIn Training**Recently I attended a great Masterclass training which was on LinkedIn (Advanced), run by Business Station in Gosnells & Savvy Creations Director, Sandra Tricoli. LinkedIn is a social networking site designed specifically for the business community and is a must for any business. This course was very informative and I thoroughly enjoyed the content. A big thank you to Sandra Tricoli & Business Station Gosnells.[Business Station Gosnells](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=78095dd3cf&e=95372ea56d)[Savvy Creations](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=80702e0d4f&e=95372ea56d) **New Release In 2019** I am excited to let you know that Security, which is my next contemporary romance novel, will be published in 2019 (Not sure on the date yet). Over the last couple of weeks I have been editing my manuscript  with my lovely editor from Albany, who has such an awesome talent and expertise in this field. But I must say that I am looking forward to finishing the editing stage and getting the formatting and cover finalized, so that I can submit it for publishing.  https://gallery.mailchimp.com/3ef5b056a249884a41ad5c83c/_compresseds/b169e874-449f-42c7-ad93-1139f9c6dc69.jpg With my new book 'Security' coming out in 2019, I am currently looking for some experienced ARC or Beta Readers, who would be interested in reading a PDF copy of 'Security' and then giving me an honest review on Amazon. Are you that person? If so, please contact me via my website [*www.susanhoddy.com*](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=3b5e41939c&e=95372ea56d) and fill in the [*contact us form*](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=1a4bc549f5&e=95372ea56d). Currently the manuscript sits at approx 550 pages and is an Australian, American based Romance which has a bit of naughtiness. Looking forward to hearing from you. **What have I been reading lately**I am currently reading the third book in the series called A Court of Wings and Ruin by Sarah J. Maas. Can’t seem to put it down. Love the story line. It's a series most YA fantasy book readers will enjoy.Currently Reading book cover  ***Some Interesting Articles & Facts.*** Finding the Right Exercise Motivation for Youhttps://curves.com.au/sites/default/files/styles/col_8_lg/public/CUR25546_February2019_News_Feature_800x500_3.jpg?itok=cLpM84k3Just like many things in life, workouts have a honeymoon period. You may start a new weight loss journey and be totally into it for the first few weeks. As you start to see results, your weight loss motivation may go up even more. But as your exercise routine starts to become, well, routine, your enthusiasm may wane. This is the point where a full body workout and healthy eating plan can either become a part of your daily life or a fleeting fad. The right motivation is critical at this fork in the road. Here are some tips to get you through: ****Set reachable goals****As you embark on a weight loss journey, it helps to keep your eye on the prize, but it’s also important to reward yourself for goals you achieve along the way. Think about how much weight you’d like to lose and how you’d like to go about it. Chances are, your strategy will involve fitness relationship goals, a healthy eating plan, and a vision of a healthier, happier you. To keep your motivation high and lose weight at a decent pace, set mini goals on the way. Research shows, goal setting helps boost performance in all types of exercisers, from those who engage in gym workouts to elite athletes. In one study1 published in the Journal of Applied Behavioral Analysis, researchers looked at the effects of goal-setting in college-level rugby players. They found that the players who set clear fitness relationship goals showed enhancements in the specific areas of performance they set out to improve. In terms of short-term goals, start by hitting the [Curves Circuit](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=b380418692&e=95372ea56d) two to three times a week as you build up to 30 minutes, five days a week. Or, if you have 40 pounds to lose, start by losing five pounds, then five more, etc. When you hit a mini-goal, reward yourself with something like a trip to the movies or a new piece of workout gear.****Get Competitive****Research shows, adding a little healthy competition can give you the motivation you need to keep losing weight. In a study2 done at the University of Pennsylvania, researchers found healthy competition motivates people in an online social network to exercise more than friendly encouragement alone. In another study3 published in the journal Obesity, researchers found engaging in team-based competitions can help you lose 20 percent more weight than going about it alone. So, go ahead and recruit a group of your Curves buddies to register for a charity walk or 5K to boost weight loss motivation for all!****Hit Curves in the a.m.****You’ll be much less likely to skip a morning gym workout than one you schedule later in the day. Researchers at the National Center for Medicine and Science in Sport found that athletic performance is better in those who exercise in the morning4 compared to people who engage in their physical activity later in the day. Plus, you’ll be less likely to get sidelined with an unexpected call or last-minute lunch meeting. If you struggle to get out of bed in the morning to get to your full body workout, lay all your gear out the night before—or better yet, sleep in your gym clothes—so you can get up and go.****Avoid unrealistic images****To boost weight loss motivation, you may be tempted to post a photo of a skinny model in a bathing suit near your fridge to discourage yourself from veering off your healthy eating plan. However, a study5 done in the Netherlands found these images may have the opposite effect. Researchers found women who posted pictures of slender models on their weight loss diaries were less likely to lose weight than women who did not post these images. It seems that women who looked at the models saw their weight loss and fitness relationship goals as less attainable than women who didn’t look at them. If you’d like to try using an image as encouragement, post a photograph of yourself looking happy and healthy, and aim to become a trimmer version of that you. Or, track your progress with weekly photos of yourself to illustrate what you’ve accomplished so far.****Make your environment conducive to getting in shape****You won’t be as likely to drop kilos when there are biscuits and lollies at every turn. For maximum weight loss encouragement, set up your living space to reflect your new lifestyle. Replace the biscuit jar with a fruit bowl. Keep fitness shoes within easy reach so you will be more likely to put them on and head to your gym workout at Curves. Take away roadblocks that could get between you and your fitness relationship goals and you’ll be more likely to stay on course for success.****Treat yourself with respect****You may be tempted to shame yourself into weight loss motivation, but negative reinforcement can backfire, increasing stress hormones6 and stimulating you to veer off your healthy eating plan. Instead, remind yourself that you’re the one who got your workout plan and healthy diet off the ground in the first place. You’re the one who had the courage to change the course of your life by eliminating unhealthy habits and adopting healthy ones like your membership at Curves. And you’re the one doing all the good things for your body by getting in shape. With each step you take during your full body workout at Curves, you be one step closer to your ultimate weight loss goals.This article has been written by Curves.   ***The Lepidoptera Vampire Trilogy*** |

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| Violette Castell is a quiet, high achieving teenager, living with her family in Los Angeles. When her parents die in a horrific carjacking, Violette and her sister, Danielle, are fostered to a couple who move them to Bagnolet, France.When Violette meets charming Michael Gramaze, she feels an instant magnetism toward him. As their attraction for each other grows, Violette stumbles upon the truth about Michael and his family of vampires. She is thrust into a world of danger and secrecy, where rival vampire dynasties fight for power, and where the very existence of the human race hangs in the balance. Desperate to keep his family secret, Violette is drawn into an unruly duel between good and evil, and discovers she has more of a role to play in this battle than she could ever have imagined.  |

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| Three strong females; all whom have a role to play in the Gramaze coven.With the Gramaze coven finding it hard to protect their princess, Violette, from the Debauched vampires, William, convinces Violette’s foster parents to let her move into the Gramaze household on a permanent basis.Samantha Richardson is a bright, young woman who stumbles upon the vampire world through chance. When she meets Grayson Gramaze, her senses are awakened, and she feels an immediate attraction toward him. Samantha is plunged into a world she never knew existed.Meanwhile, Danielle Castell, sister of Violette, is dealing with complicated feelings of her own, when she bumps into Christian, her crush from months ago. As Danielle and Christian’s attraction for each other is awakened and forbidden, Danielle, Samantha and Violette are swept up in a violent and dangerous battle which will change their lives forever.  |

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| Disabled from an unfortunate accident when she was a baby, Katelyn Goodwit has only ever had one wish in her short life, and that was to be loved by someone who cared about her.When Katelyn meets her new carer, Susan, who is a Lepidoptera vampire healer, at the government home for disabled children in Berne, Switzerland, her life is changed forever. Katelyn experiences the love of a mother and a family for the first time in her life, and she grows up, knowing she can do anything she puts her mind to.But nothing can prepare her for the shock of meeting her life partner and realising that fate is to take her on a very different path. Suddenly Katelyn is thrust into the world of Lepidoptera vampires, a world which holds great happiness, but also an abundance of danger and secrecy. As Katelyn experiences changes in her personal life, others in the Lepidoptera coven face their own challenges. Through tragedy and loss, they discover the importance of family and love: an affirmation of their connection and their struggle to overcome evil.  |

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| Susan Hoddy |
| Susan Hoddy is an Australian, American and European Young-Adult Fiction Writer, best known for her Lepidoptera Vampire Series. Susan was born in Perth, Western Australia in 1966, and enjoys a good chinwag with family and friends, cups of tea, day-dreaming and writing. After acquiring her novel writing diploma from the Australian College of Journalism, she continues to create worlds where fantasy and romance exists, with her books. Keep an eye on her website [susanhoddy.com](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=4494689da7&e=95372ea56d) for more information about when the next book is coming out in 2019.**If you enjoyed reading my newsletter, please forward my e-mail to your work colleges, family and friends. I am only too happy if they would like to be added to my mailing list each month. Spread the word…** |

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