

Bermie's Bio (Detailed)

Bermesola M Dyer, also affectionately known, as-“Bermie” is the author of the new book “Getting Past The Ugly Through The Beauty of Self Love.” In a world in which there are pressures to adhere to societal standards of beauty, young girls and women alike often struggle with low self-esteem and acceptance. After dealing with her own childhood issues of bullying, ostracism, isolation and rejection, and seeking validation in all the wrong places, Bermesola sought to overcome the adversity of her past and embark on a journey of personal empowerment.

“I had a really difficult time accepting myself when I was growing up because of all of the ridicule I faced as a child” says Bermesola. “I was too embarrassed to tell anyone about my inner struggle with self hatred, so I started journaling. Writing has always been my form of therapy and healing. “ As a result of her love for writing, a determination to move past her insecurities and her motto “encouraging you while I encourage me,” ***Getting Past The Ugly Through The Beauty of Self Love: 30-Devotions for Higher Self Esteem*** was birthed.

Getting Past The Ugly Through The Beauty of Self Love invites the reader to take a 30-day journey to renewed inner strength and self-discovery. It is for any woman struggling with self-esteem, self-acceptance or feelings of insecurity. Bermesola provides practical solutions to transform one’s self-perception and redefine beauty based on the Word of God. ***Getting Past The Ugly*** offers 30 daily devotions sprinkled with words of wisdom, Biblical references, inspirational quotes, poems, affirmations, and daily action steps to empower and inspire during the transformational process.

In addition to being an author, Bermesola is a former contributing writer for Culture Magazine. She is also a Board Certified Nurse Practitioner, inspirational speaker and poet, as well as an officer in the United States Navy. She also teaches nursing at Bowie State University. Her passion and mission in life is to enhance the health and well-being of others and inspire young women to walk in their purpose. Bermesola is also an avid proponent of people pursuing their dreams and striving for excellence.

Additionally, as a strong believer in education, she has obtained several degrees including: Bachelors’ Degrees in Social Welfare from the University of California at Berkeley and in Nursing from The Johns Hopkins University. She also holds Master’s Degrees in Health Management from the University of Baltimore and in Nursing from Bowie State University, and is presently pursuing a Doctorate in Nursing Practice from the Johns Hopkins University School of Nursing.

Bermesola was born and raised in San Jose, California and is the oldest of five children. She currently lives in Laurel, MD.

Bermie's Bio (Short)

Bermesola M Dyer is a Board Certified Nurse Practitioner, inspirational speaker and poet as well as an officer in the United States Navy. Her passion and mission in life is to enhance the health and well-being of others and inspire young women to walk in their purpose. As a strong believer in education, she has obtained numerous degrees and is currently pursuing a Doctorate in Nursing Practice from Johns Hopkins University. Bermesola was born and raised in San Jose, California and is the oldest of five children. She currently lives in Laurel, MD.

Book Summary

Getting Past The Ugly Through The Beauty of Self Love invites you to take a 30-day journey to renewed inner strength and self-discovery. In a world with unrealistic expectations it's no wonder so many young women experience feelings of inadequacy and struggle to find their self-worth. From binge eating, anorexia, fad diets, plastic surgery and volatile relationships, countless women are yearning to look and play the part of beauty. But what is the true definition of beauty and what are we losing in the quest to obtain it? Is it our integrity? Our identity? Our values? Our worth? This voyage will encourage you to challenge societal norms and offers a renewed outlook on God's definition of beauty.

Getting Past The Ugly is for any woman struggling with self-esteem, self-acceptance or feelings of insecurity. Here you will find practical solutions to transform your self-perception and redefine beauty on your own terms based on the Word of God. ***Getting Past The Ugly*** offers 30 daily devotions sprinkled with words of wisdom, Biblical references, inspirational quotes, poems, affirmations and daily action steps to empower and inspire you during this transformational process. Throughout this journey you will be encouraged in your lonely hours and empowered to walk in the calling God has for your life. Allow yourself to be the beautiful woman you were meant to be and walk in your purpose as you experience ***The Beauty of Self Love***.

