



About the Author

Born and raised in Atlanta GA Tinnie Garlington has always had a passion for teaching. At preschool age Tinnie would tell the class "don't listen to the teacher, listen to me". As she grew older "life" happened and she became a mother at the age of 14. Even though she traveled from school to school, living with anyone who would take her in, she never gave up on learning. Through those experiences she began to write in notebooks about how she was feeling and in some cases make up stories so that she could escape her reality. A high school drop out with no one to turn to but God, she decided at the age of 20 to go back to school to obtain her GED. Times were still tough, but she made it. Shortly after graduating from Atlanta Job Corps, she decided to attend GMI Georgia Medical Institute for her certification as a Medical Administrative Assistant. The journey was still bumpy, but through her will to succeed, she graduated with honors.

Now the Atlanta born "Grady Baby" Tinnie C. Garlington has embarked on her passion to motivate and encourage individuals to see beyond their past. Don't Look Back, Look Forward was birthed from a dark place. Tinnie discovered healing through writing and wrote poetry and plays, yet was too afraid to move forward on her dreams to use this material to teach and encourage others. Well, a close friend and her mother encouraged Tinnie to stop being afraid of the greatness that was inside of her and act on what God has given her. Through that tough love and confirmation, this small yet powerful book was pulled from her personal library and now the world can share in the thoughts hidden in her heart.

Her hopes is that her first book titled **"Don't Look Back, Look Forward"** will capture the attention of those who are looking for a way forward and encourage them to never give up and allow the hard times to serve as a solid foundation for growth and a positive future.

Don't Look Back, Look Forward



Tinnie C. Garlington

Author Tinnie, tell us about your book?

Don't Look Back, Look Forward is a book that was written during a time that I was not so sure about the direction that my life was headed. I can recall having these questions and being too afraid to discover the answer. One day I decided to sit down and write down those questions and answer them honestly and without thinking about what to say or how to say it. This book is a combination of my thoughts and pieces of poetry that comes straight from my heart.

How did you come up with ideas for this book?

The idea for this book came from people telling me that my poetry is powerful and very inspiring. Also, I have a passion for teaching others and I felt that this book could serve as a teaching tool for many people as well as organizations. It is my goal to develop courses that surround this book. The courses will assist people with reconnecting with their passion and finding a way to move beyond anything that tries to keep them from moving to the next level.

What was the most difficult aspect of writing this book?

The most difficult aspect of writing this book was going back in the past and really facing the reality of what I went through and how it made me feel. Reconnecting with the past causes you to feel those same emotions that you felt as if it was happening at that very moment. However, I found strength in reconnecting and knowing that allowing myself to see what I was hiding from was not so bad. It was my stepping stone to greatness!!!

Why do you write? Is it something you've always done, or always wanted to do? Or is it something that you started fairly recently?

I write for therapy and a way to express what is hidden away in my heart. I write so that my legacy can live on and others who have experienced or will unfortunately experience what I have gone through will find my book as a resource for strength.

Who are your favorite authors?

My favorite authors are Bishop TD Jakes, Terry McMillian, John Maxwell, Sista Souljah, and Langston Hughes.

What valuable lessons do you want readers to learn from your book?

The valuable lessons that I would like for my readers to learn is the power of REVEALING. I would like for my readers to remember a quote that I came across during an interview that states "People and things are powerless, your reaction is their only power" by an unknown author. I want them to understand their power to look forward to greatness and know that its okay to not look back.

Any advice to give to aspiring writers?

If I had to give advice to aspiring authors I would tell them to look beyond fear, rejection, or doubt and just be in the moment. Try hard to not be distracted by anything. Do not allow people to contaminate them with their opinions and thoughts. Write from the heart and be present with your feelings. The best work is work that comes from the heart.



**Don't Look Back,
Look Forward**
BOOK TOUR

Author Tinnie C. Garlington

FAB Virtual Book Tour
June 16th – June 30th
#DontLookBack

Faith A Believer Virtual Tours

About The Book

When life throws a challenge, throw one back. Don't Look Back, Look Forward is a mini book that packs a powerful punch. Author Tinnie Garlington allows you to take a peek into her inner most thoughts and she provides you with her insight on those questions that can sometime keep you from pursuing your passions or moving to the next level. This book inspires you to reconnect with your passion that you may have either suppressed or fear is trying to rob you of. Your life will not be the same when you take this journey and discover the benefits of Looking Forward.

For More Information:

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