

## Robert Louis Shepard, PhD Launches Companion Workbook for Best Selling Autobiography

**Posted July 10, 2017** - Readers who enjoyed Dr. Shepard's autobiography, *Fulfilling My Destiny, Step by Step* now have a compelling resource to help them activate the lessons taught by the author, with the release of a companion workbook.

The workbook titled "*Fulfilling Your Destiny, Step by Step: A Self-Help Guide*," is a powerful tool written to encourage, empower, motivate, and inspire users to discover their purpose and their passion. The author uses a discussion point format that delivers thought-provoking questions aimed at setting readers on a path to help them avoid one of life's great tragedies – hopes and dreams left unfulfilled.

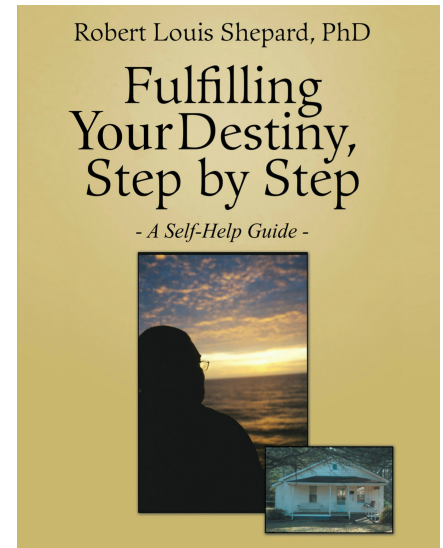
In his autobiography, which boasts a perfect five star rating on Amazon, Dr. Shepard shares the details of his life to show that no matter where one's journey began they can find their purpose and their passion for maintaining hope for fulfilling the DESTINY that God has set for them.

### "Fulfilling Your Destiny, Step by Step: A Self-Help Guide"

By Robert Louis Shepard, Ph.D.

Stich Binding | 8.5 x 11 in | 139 pages | ISBN 978-0-9978286-3-4

Available from The Shepard Institute (TSI), LLC: [www.robertlouisshepard.com](http://www.robertlouisshepard.com)



One reader wrote: *"Dr. Shepard's autobiography is a tool box from which all young people can draw, regardless of race or ethnicity. All readers will learn that with faith and belief in God there are no barriers that cannot be overcome."*



*"Dr. Shepard's story is a unique one in that he was the first to break through so many barriers while trusting God all the way. From his companion Self-Help Guide all readers will learn that with faith and belief in God there are no barriers that cannot be overcome."* —  
*Rev. Calvin W. Yarbrough, Reader of the Autobiography and Reviewer of the Self-Help Guide*

Both the Autobiography and the companion Guide are based on the firm belief that every human being born in the world receives the following two "Destiny Promises" from God:

*"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."*--Jeremiah 29:11, NIV

And

*"Never will I leave you; never will I forsake you."*--Hebrews 13:5b, NIV

**Over**

Commenting on the objective of companion Guide, Dr. Shepard said: *"It is hoped that users of the Self-Help Guide will find and fully embrace what God's plan is for their life, and as the Discussion Points in the Guide are addressed and meditated on honestly, that the user will be put on the path leading to their God-ordained destiny."*



Unlike many self help guides that are designed specifically for individuals, *"Fulfilling Your Destiny, Step by Step: A Self-Help Guide"* can also be used by groups. It can be used by organizations as a staff- development tool or as a resource for retreats. The resource is available from the author's Book Store:

- Self-Help Guide retail price: \$20
- Autobiography & Guide in a 2-Book Bundled package for a reduced retail price: \$35

For further details, please visit the author's website at [www.robertlouisshepard.com](http://www.robertlouisshepard.com) and scroll down to the Book Store.

### **About the Author**

Robert Louis Shepard helps people identify their enthusiasm and motivates them to use their capabilities minus all potential limitations to add value to their personal lives, to the organizations they serve, and ultimately to the global community. Combining his experiences and his exposure, he became a passionate advocate for inclusion of historically black colleges and universities (HBCUs) in the federal government's multi-billion dollars a year research enterprise. He loves music and is working to reacquaint himself with his alto sax and attempting to also learn how to play an acoustic guitar. He lives in Maryland and North Carolina with his wife and *"Fulfilling Your Destiny, Step by Step: A Self-Help Guide"* is his second book.

**The Shepard Institute (TSI), LLC** focuses on creating access and opening doors of opportunity for faculty and students at HBCUs to be included in the federal government's multi-billion dollars-a-year research enterprise. After founding and leading Science and Engineering Alliance, Inc. (known as SEA) for nearly a quarter of a century and the organization exceeding its mission, he closed SEA in 2013 and formed TSI that same year as the vehicle to continue his advocacy work. For the latest, follow Shepard on Facebook.

### **\*\*FOR IMMEDIATE RELEASE\*\***

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