



## Redding Integrative Medicine

Cathy Ochs PA-C

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I worked with Ariela Wilcox on a book project beginning in January 2015. After our first conversation and signing the contract with Ariela, I quickly found out why she was highly recommended to me. Ariela has years of experience in helping first time writers as well as seasoned authors complete their books in a timely manner. Looking back I understand why she had weekly deadlines as well as the “consequences” if these deadlines were not met. In all probability, if she had not been keeping me on track I may still be working on the book. However, here I am 7 ½ months later with my book now on Amazon, Barnes and Noble, available as a e-book and a Kindle download, along with a box of the published books that I am sending out to supporters who helped make it possible. I have a colleague who chose to not work with Ariela and is still working on her book (after 3 years so far), on her third editor, and has spent \$20,000 so far! Already my association with Ariela has saved me time and money, and I have yet to unfold my marketing plan.

In addition to helping one timely complete their books, Ariela helps bring the best out of her clients. I had co-written one previous book years prior and the writing and publishing world is foreign to me. Ariela was excellent in reviewing each weekly writing and asking extremely useful questions to help make something clearer, or bring up an angle that I had not explored. I always felt she had my best interests in mind helping me negotiate potential problems even before I knew they could crop up. Her honest, forthright, and genuine critique as well as praise helped me to keep moving along my weekly deadlines. She has even kept in touch checking to see how the publishing process is going weeks after I had signed off her schedule.

Her contacts and information she has accrued over her many years as a literary agent has been invaluable. I may have been able to finish the writing of the manuscript (much later than was completed), but I would never have known where to turn next. Thanks to her extensive knowledge, she connected me to the right people and companies to get my cover design done and get the book printed along with listings on the internet bookstores. She also has excellent guidance in helping me create a vision and marketing plan that matches my values, goals, and aspirations. Ariela truly helped me create something that I can use as a tool to help accomplish part of my personal and professional life goals.

I highly recommend Ariela to anyone who is thinking of writing a book, struggling to complete their book, or who just has an idea and wants to explore how to bring their idea alive. Ariela’s experience and abilities can truly help you create and live your passion, I know she has done that for me. Thank you so much Ariela! Cathy Ochs PA-C 9/8/2015

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