

*editorial*  
PORTFOLIO

IVETTE MAYMI



WHERE YOUR BOOK FINDS ITS  
PERFECT FINISH

[www.polishedpageseditorial.com](http://www.polishedpageseditorial.com)

CONTENT EDITOR

*hello*  
**ABOUT ME**

With over 15 years in editing, I'm here to help women writers bring their stories to life with clarity and impact. I'm certified in high-level proofreading and line editing, and my passion lies in refining manuscripts to make sure each piece connects with readers. I believe the editing process should be collaborative and supportive, and I'm committed to being a trusted partner on your writing journey.



IVETTE MAYMI

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## *Vision*

"I envision Polished Pages Editorial as the trusted partner and go-to resource for women writers who are ready to refine their craft and make a meaningful impact. My goal is to nurture each project to its fullest potential, creating a journey that not only elevates your work but also honors the purpose behind every word, leaving a lasting impression on readers."

## *Mission*

"My mission at Polished Pages Editorial is to empower women writers to create clear, captivating, and polished works—whether they're crafting manuscripts, essays, or any written project. I'm committed to delivering expert editing that brings out the best in your writing, supporting you with a collaborative and encouraging process that respects your vision and elevates your words."

# *professional* SKILLS

\*Certified in High-Level Proofreading, Line Editing  
and Content Editing

## **Edit Republic**

**GRADUATE**

CONTENT EDITOR

COPYEDITOR

LINE EDITOR

PROOFREADER

MANUSCRIPT DEVELOPMENT

COPYWRITER

# *personal* PROJECT

## WHY I WROTE THIS EBOOK

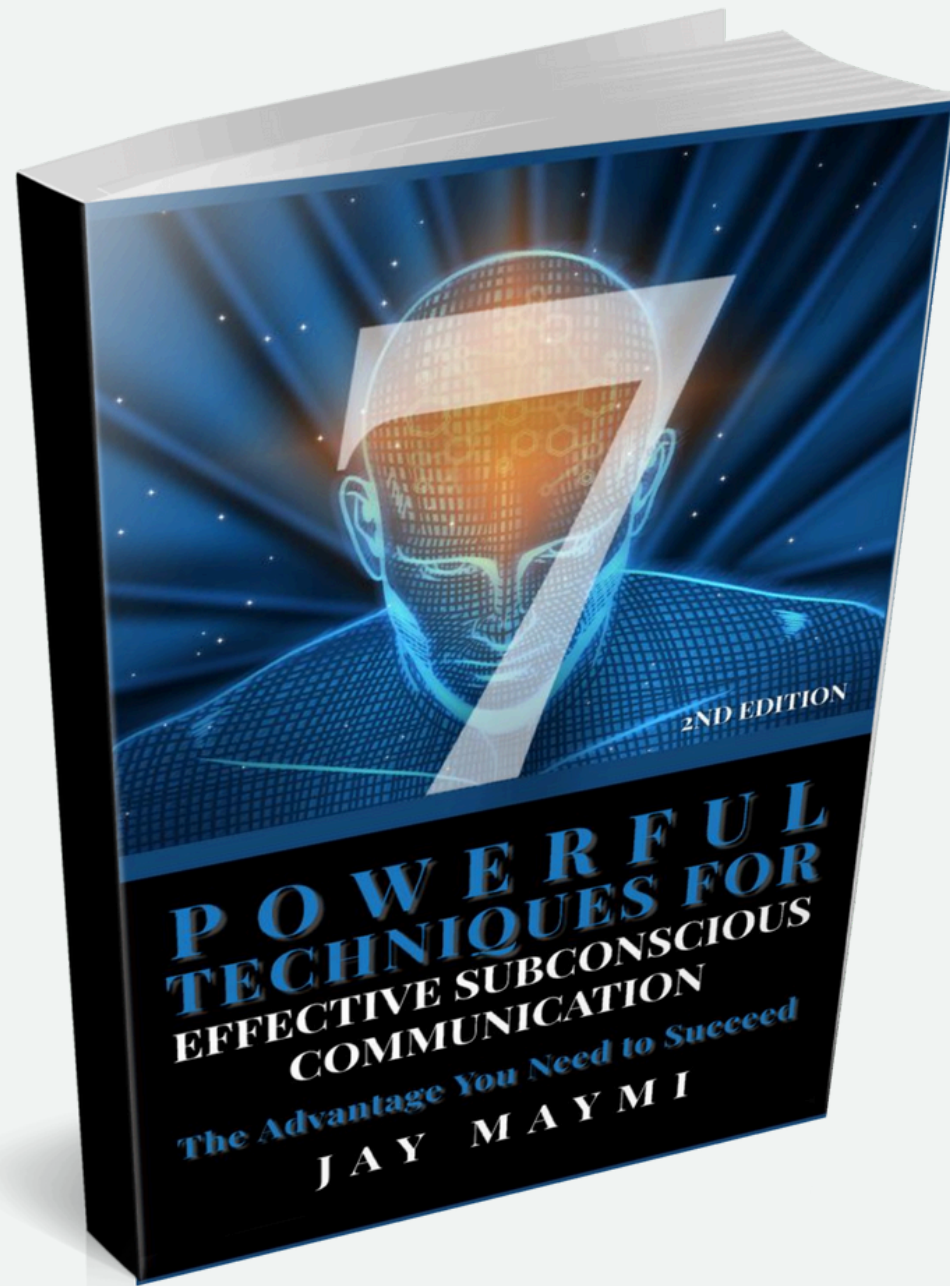
"After 15 years of helping manuscripts evolve from rough drafts to polished, publishable works, I've seen firsthand the journey women go through when taking on the deeply meaningful work of writing a book. Writing is both a thrilling and intimidating process, and I recognize that some of the hardest parts lie not just in what to write but in finding the courage to start.

I created this ebook to help you take those first steps. More than words of encouragement, it's packed with practical resources and guidance designed to help you overcome the fears and doubts that often hold you back. With each tip and exercise, I hope you'll feel supported and equipped to turn your blank page into something extraordinary. I'd love to take that step with you!"



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# project PORTFOLIO



## Chapter 3

### Technique # 1

#### The Imagine Directive

Here is a truth. Our minds have the capacity to produce more elaborate visions, cinematography, and dream sequences than any Hollywood movie or CGI expert can ever produce. In fact, it doesn't take much for the human mind to create a full length feature film just off of one thought, idea, or even a word. I'm sure most of you can, personally, attest to this truth based on your own experiences. Can you recall the many times that you have "spaced out" for a moment simply because you had a quick thought that evolved into a movie trailer? Or, something or someone that momentarily caught your eye happened to take hold of

# 3

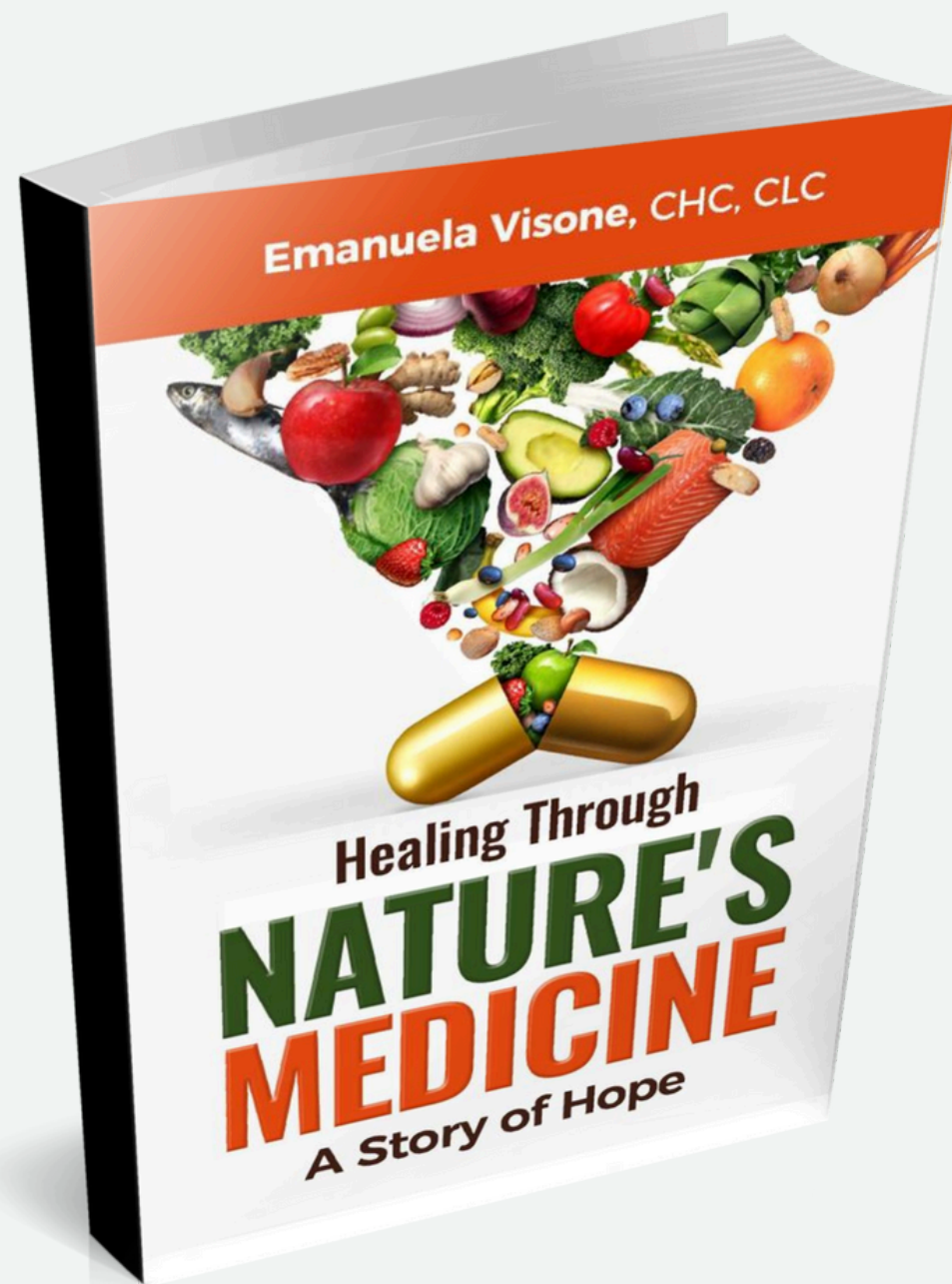
## Technique #1

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Managed all aspects of this project, including editing, proofreading, interior layout, cover design, copyright and self-publishing services.

# project PORTFOLIO



## Why Chose Food as Your Best Medicine?

Let food be thy medicine and medicine be thy food ~  
Hippocrates

It has become a passion of mine to share the knowledge that I have acquired throughout the years from personal experience; and by reading health related books and articles. My goal is to empower and inspire you to get healthier, to overcome degenerative conditions and to practice disease prevention. You will learn that you can achieve an incredible state of health and that only you can create that result. Only your miraculous body can create the state of "Optimal Health" and you are your own best doctor when it comes to the basics. Your state of health is truly your choice. The pathways you have available for achieving optimal health are what I am going to share with you.

Perhaps, you can associate with what I went through to learn life's hard lessons about health and possibly your experience related to learning about health could be like my thirst was for finding a solution. I would like to start by giving you an overview of my background. I am not a doctor nor a nurse, I am a certified health and life coach. My knowledge about nutrition came from personal experience and being mentored by a woman whom I call



## Chapter One

### Why Choose Food as Your Best Medicine?

*"Let food be thy medicine and medicine be thy food."*

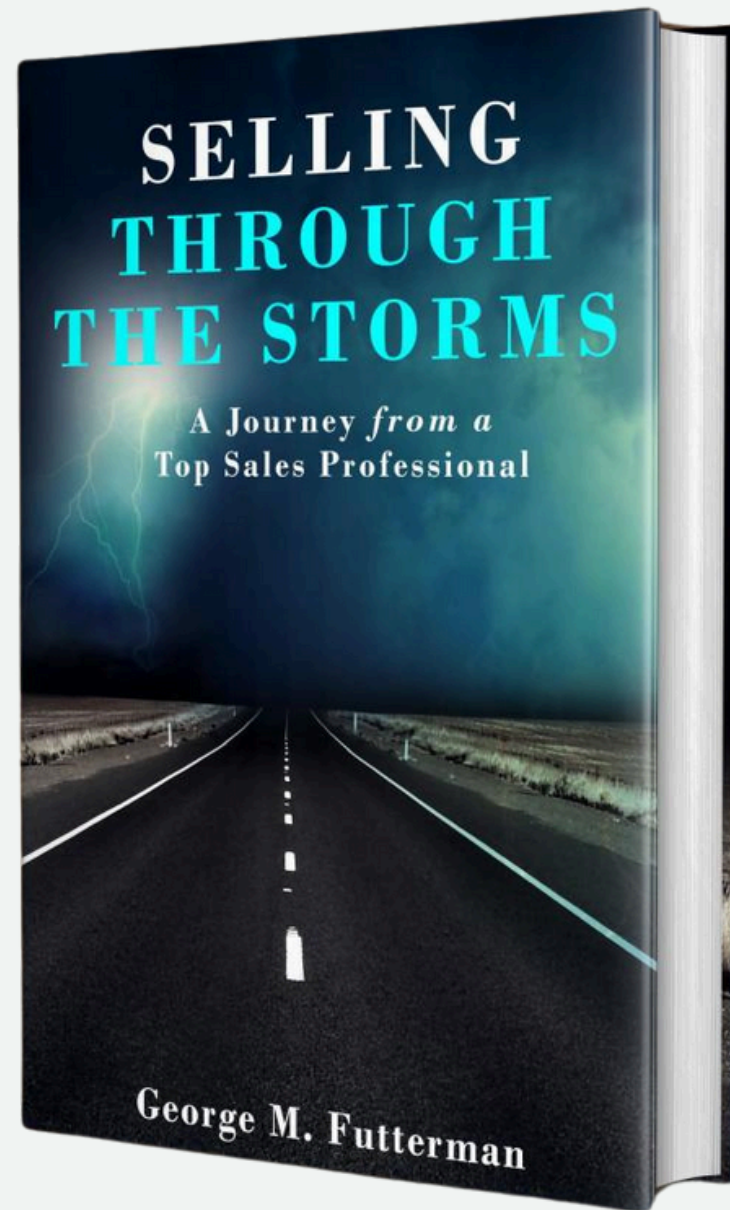
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# project PORTFOLIO



## CARING FOR A PARENT

Growing up my mother was the one who drove me everywhere. She went to my games, was my accountability buddy, and most of all, my friend. In my teen years, my mom went back to being a teacher, which she loved being very much. During her later years, she worked long hours to keep herself busy and to support herself. My mother, much like my father, worked so hard that she forgot about herself and the value of a healthy work-life balance. Furthermore, she neglected her need for rest and, finally, around in mid-60s things started to happen to her and her body. What do you do, as an only child, when you see your parents doing harm to themselves and deteriorating right before your very eyes?

Her health was, not only compromised by heavy smoking, but her lack of proper nutrition, daily exercise, and



## Chapter Two

### The Storm of Caring for a Parent

Growing up, my mother was the one who drove me everywhere. She went to my games, was my accountability buddy, and, most of all, my friend. In my teen years, my mom returned to teaching, which she greatly loved. During her later years, she worked long hours to keep herself busy and to support herself. Much like my father, my mother worked so hard that she forgot about herself and the value of a healthy work-life balance. Furthermore, she neglected her need for rest, and finally, in her mid-60s, things started to happen to her and her body. What do you do, as an only child, when you see your parents doing harm to themselves and deteriorating right before your very eyes?

Her health was not only compromised by heavy smoking but her lack of proper nutrition, daily exercise, and infrequent doctor visits and checkups, which eventually took its toll. As a result, she developed stenosis and scoliosis but had put off surgery as the doctor said that she was not a candidate. In January 2008, she suffered a couple of strokes which caused

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## From Gummy Bears to Grapes: How Tiny Choices Can Lead to Major Transformations—In Life and Writing



Grab a coffee—or perhaps a glass of wine, depending on the day you're having—and consider this: some days feel like an endless uphill climb, with challenge after challenge making it hard to catch your breath. I know that feeling all too well.

This past year, I found myself standing at the bottom of a mountain that seemed impossible to climb (picture a snow-capped mountain and stilettos on my feet). I weighed more than I was happy with, was still healing from a total hysterectomy and foot surgery done months apart, and felt utterly out of place in my own body. My energy was low, my motivation even lower, and every woman I saw seemed to be effortlessly gliding through life like a fitness model. Me? I could barely get out of bed some mornings.

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## Why Your Book Needs Both an Editor and a Copywriter: The Ultimate Girl Squad for Your Manuscript



So, you've poured your heart and soul into writing your book—late nights, coffee stains, and all. But now, you're standing at the edge of publishing glory, and let's be honest: the last thing you want is for your book to flop because you missed out on a few key players. Sure, you've heard you need an editor, but what about a copywriter? If you haven't thought about both, it's time to rethink your game plan. These two are like your book's ultimate girl squad—ready to take your manuscript from “meh” to “must-read.”

### The Editor: Your Book's Tough-Love Bestie

Think of your editor as that no-nonsense bestie who tells it like it is—because she loves you. She's your book's personal trainer, ready to get down and dirty with your manuscript. She'll whip those flabby sentences into shape, tighten up that plot, and make sure every

[READ MORE](#)

## Turning Your Entrepreneurial Journey into a Best-Selling Book: Because Who Doesn't Want to Be the Next Oprah?



So, you've conquered the business world—well, at least your little corner of it—and now you're thinking, “Hey, why not write a book?” After all, you've got stories, strategies, and a few too many coffee-induced meltdowns that the world needs to hear about. But how do you turn your entrepreneurial roller coaster into a best-seller? Buckle up, boss lady, because it's time to spill the tea on how to make that happen.

### Step 1: Embrace the Crazy

First, don't be afraid to lean into the craziness of your entrepreneurial life. Remember when you launched a product only to realize your logo was spelled incorrectly? Pure gold. How about the 2 a.m. epiphany that turned your business around? Readers will eat that up. The trick is to weave these real-life moments into your narrative in an authentic and entertaining way. Remember, people don't just want to read about your successes—they also want the juicy, behind-the-scenes drama. Give them the good, the bad, and the “OMG, did she really do that?” moments.

### Step 2: Share the Wisdom, Hold the Lecture


You've learned a lot on your journey—probably more than you ever wanted to—but the key to writing a compelling book is to share those lessons without sounding like a professor at an all-day seminar. Instead of lecturing, think of it as chatting with a friend over a glass of wine. Keep it light, relatable, and full of those “been there, done that” moments that make readers nod along in agreement. After all, no one likes a know-it-all, but everyone loves a girlfriend willing to dish out some hard-earned wisdom.

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let's work  
TOGETHER



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