

**Q &A—Chronicles of The Weight Breakers  
for  
Your Author, T.T. MCGIL**



**What does the book (*Chronicles of The Weight Breakers*) essentially revolve around?**

All of my stories are based on real life struggles, experiences. In this book, I focused on the incomparable vigor of strong dynamic women, who are family-oriented however inhabit their own quirks, unique plights which illustrate circumstantial ebbs and flows of life, accompanied with added spice of hot topics.

*Chronicles of The Weight Breakers* have several superb chick-lit protagonist's like: Judge Regina "Regi" Hilson; Fawn Paige, Christina "Chaka" Bu; Penelope King; Anjali "A.J." Nadkarni; The Abigail Lancaster; Dr. Sparrow Mack; Dr. Sophia Clark; and last but definitely not least—*The Weight Breaker*—"Dr. T."

Having said that, these women have had the natural serious obstacles of life—issues. However, a rare unique supernatural incident, *The She Declares Natural Disaster* brings them together—yielding a tight knit bond, which is the crux of the story.

**Tell us one unique aspect of the narrative. Something that connects with you**

*Chronicles of The Weight Breakers* is composed in an inimitable chick lit style—using chronicles of each of the women with keenness accompanied with infinite humor, which adds levity to life's circumstances.

**Tell us about a few writers who inspire you.**

I'm so glad you asked that question. I deem I yield from the experiences of life, along with anything my eyes gaze upon. More

importantly, I glean infinite wisdom from those who are overcomers. Those who see their life for what it is—choosing to make the absolute best of it. That in itself, amazingly inspiring—is it not?

### **Could you explain your writing process?**

Each story is a seed, moreover stories come to me because so many of them are curing in my mind at any given point. Henceforth, I simply compose the narrative when I am reasonably poised to develop the outline of the plot—that is the story trajectory.

### **Do you have any other literary projects in the pipeline?**

Yes! The Sparrow Mystery Suspense Thriller Series, along with the spin off storylines are ever evolving. I am excited about the fan base that these plots have garnered. More importantly, I listen to the *T.T. McGill Hive*, thus taking their feedback as to what they want to hear about next. I'm extremely honored that God chose me to birth these stories of inspiration through me. I am a vessel.

### **What is WEIGHT BREAKER-ODOLOGY? What should it mean to the reader of Chronicles of The Weight Breakers?**

In any standard dictionary “ol-o-gy” is a noun—meaning the subject of study; a branch of knowledge. Within the book *Chronicles of the Weight Breakers*, you see the women as they navigate through their lives, utilizing a tool, *Think Like A Weight Breaker. Not Like A Weight Taker*, that provides T.I.P.s for approaching what life throws at these dynamic female protagonists, against the antagonist—which is the weights of life. It lends to look not dwelling in the valley, however speaking mountain top proclamation's over the cumbersome situations. For example,

“I'm overweight, I will never be healthy and well,” which is the Weight Taker perspective.

The Weight Breaker-ology perspective is to take out the negative connotations is the verbiage surrounding situations, like the word never. A Weight Breaker perspective approach utilizing that same factual data is,

“Yes, I realize I am overweight. In order to be healthy and well, I will make small changes in my diet to accomplish my health and wellness goals, to be the best person God has called me to be.”

You see the difference in the tone, perspective. You have to speak, write positive affirmations over your life, in order to walk into the promises of God.