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Karla Hylton Dixon

MULTIPLE AWARD-WINNING
AUTHOR, EDUCATOR

MEDIA KIT

Hi, I'm Karla!

AUTHOR, LIFE COACH, EDUCATOR

Allow me to introduce myself—I'm Dr. Karla Hylton Dixon, a proud Jamaican, blending the worlds of biotechnology, education, and mental health coaching into a unique and holistic approach to personal and academic growth. With a PhD in Biotechnology, I have a deep understanding of the science behind life itself, and I've translated that expertise into empowering others—not just through traditional education but by fostering mental and emotional well-being. My certification in mental health studies has further strengthened my mission to support individuals as they navigate life's challenges.

I am passionate about nurturing not just minds, but hearts and spirits, helping young people and adults alike discover their true potential. My scientific background gives me a data-driven approach, while my experience in life coaching adds a compassionate, human touch. One of my key offerings is the MindFlex program, which leverages the science of neuroplasticity to help individuals build emotional resilience and mental flexibility. Through my work, I aim to inspire a brighter, healthier future, blending knowledge and well-being in everything I do.

FROM THE AUTHOR

- The Unvarnished Truth isn't just my story; it's an exploration of the profound trauma and emotional turmoil that can result from estrangement. I share my struggles, my moments of despair, and the darkness that led to a desperate suicide attempt. But more importantly, I reveal how I found the strength within to move forward and ultimately discover peace through acceptance.

- As I've navigated the labyrinth of my existence, I've been both a writer and a character in this tale, a narrative of shattered illusions, uncharted paths, and unexpected discoveries. From the soaring highs of accomplishment to the depths of heart-wrenching disillusionment, I've laid bare the mosaic of my life, each piece interlocking to form a mosaic that resonates with the universal truths we all confront.

- Every twist and turn, every triumph and setback, has sculpted the intricate contours of who I am today. This is not just a recounting of events; it's an exploration of the human experience, a testament to resilience in the face of adversity.

Awards

- **Dr. Karla Hylton Honored with Literary Titan Gold Award for Transformative Non-Fiction Masterpiece, "The Unvarnished Truth: Purpose in the Pain".**

The Literary Titan Book Award honors books that exhibit exceptional storytelling and creativity. This award celebrates novelists who craft compelling narratives, create memorable characters, and weave stories that captivate readers. The recipients are writers who excel in their ability to blend imagination with literary skill, creating worlds that enchant and narratives that linger long after the final page is turned.

- **Readers' Favorite announces the Five star review and Bronze Medal of the Non-Fiction - Memoir book "The Unvarnished Truth" by Dr. Karla Hylton.**

Readers' Favorite is one of the largest book review and award contest sites on the Internet. They have earned the respect of renowned publishers like Random House, Simon & Schuster, and Harper Collins, and have received the "Best Websites for Authors" and "Honoring Excellence" awards from the Association of Independent Authors. They are also fully accredited by the BBB (A+ rating), which is a rarity among Book Review and Book Award Contest companies.

Awards continued

- **Dr. Karla Hylton receives International Impact Book Award for Memoir June 2024.**

The International Impact Book Awards celebrates and recognizes the exceptional work of authors from around the world.

Book Reviews

Reviewed in the United States on September 15, 2023
Verified Purchase
The book "The Unvarnished Truth: Purpose in the Pain" is an autobiography and an inspirational book by Dr. Karla Hylton. It gives us an intimate look into the life story of a fragile girl as she travails the ups and downs of her existence. It is remarkably well written and leaves the reader captivated. This book is a one sitting read as you just can't put it down. The Pain seems surreal where you sympathize with the author and cant help rooting for her to triumph. It is a masterpiece of STRENGTH and DETERMINATION. A must read for everyone!

John

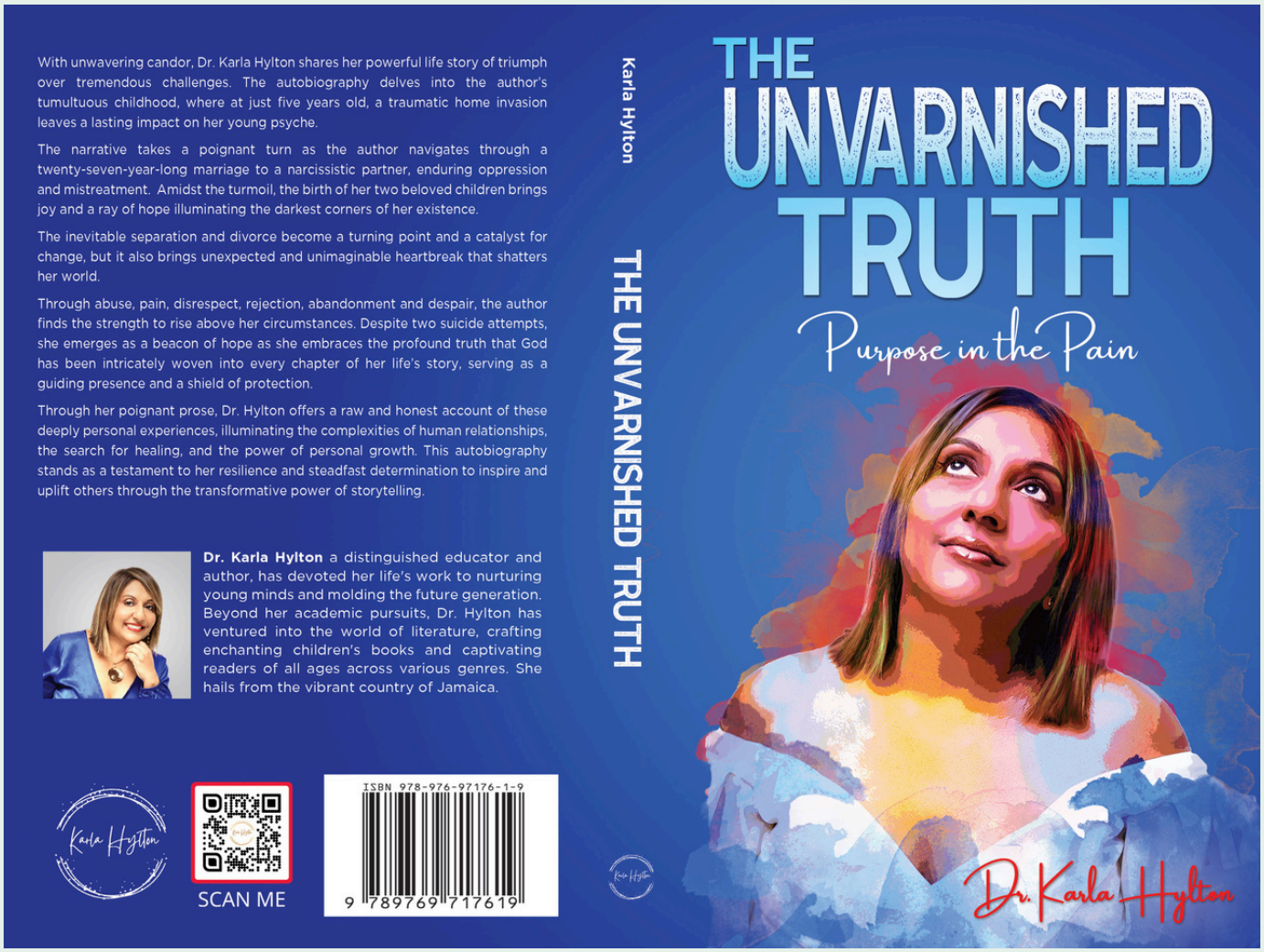
Reviewed in the United States on September 8, 2023
This is an autobiography with a difference. It shares a life story, its triumphs and defeats, but it also shares honest insight and a willingness to look beyond the surface to understand the 'whys' of the journey. It is a story of profound heartbreak but it is also one of survival. What is truly special about how Karla weaves this tale is that in sharing the tools she used to empower herself she also seeks to empower those who read it.

Christina

The Book

@KARLAHYLTON

May these pages not only tell the story of my life but also inspire a realization that our individual tales are but pieces of a larger, interconnected tapestry of humanity, woven together by the threads of shared experiences, emotions, and the enduring quest for meaning.
Welcome to "The Unvarnished Truth: Purpose in the Pain."

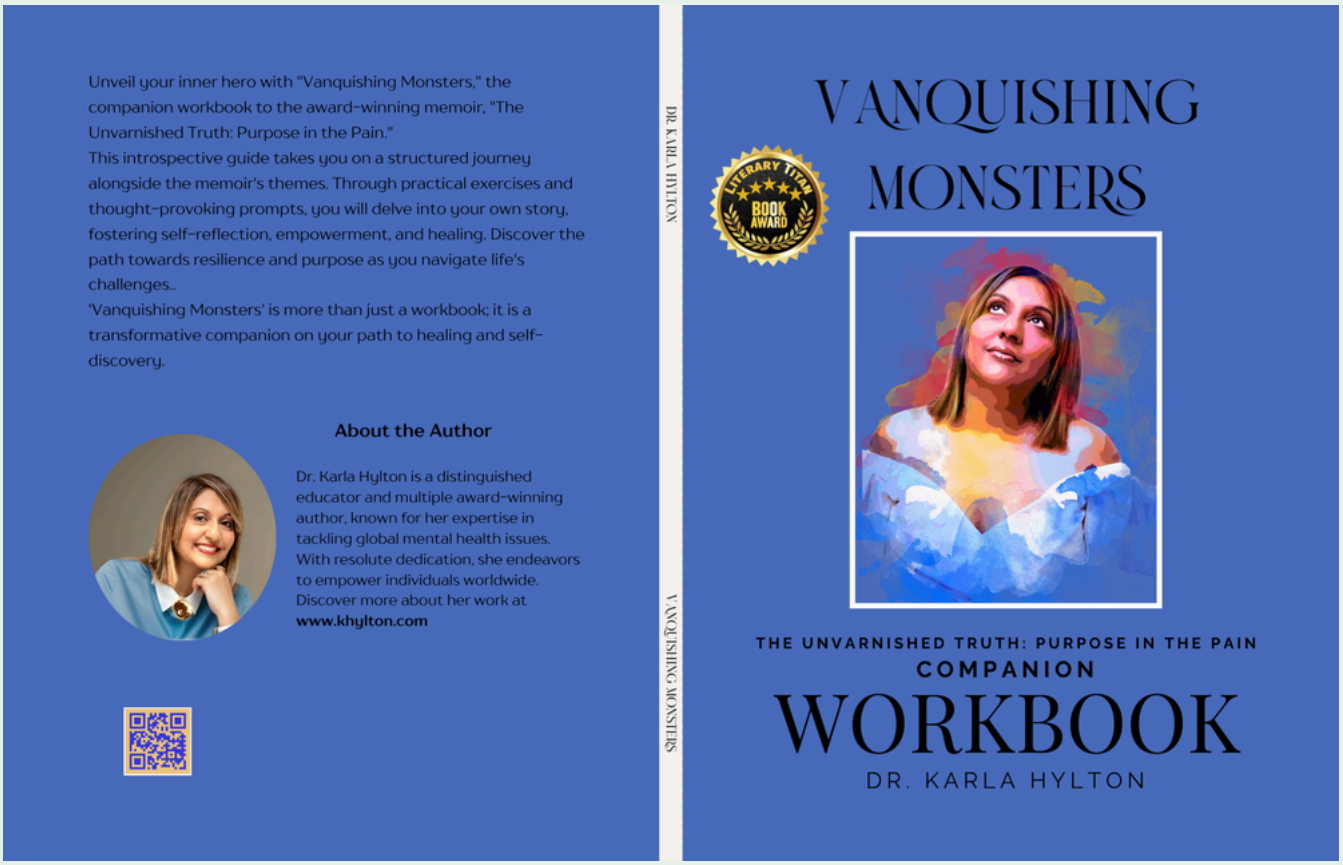


The Companion WorkBook

@KARLAHYLTON

The award winning companion workbook serves as your guide on this transformative journey, so you too can vanquish the monsters in your life. We all have monsters, some more than others. This workbook is filled with practical strategies and techniques to empower you to confront and overcome the obstacles life throws your way. Through interactive exercises, we delve into challenging themes such as marriage and divorce, narcissism, grief, estrangement and suicidal ideation and recovery.

Welcome to "Vanquishing Monsters".



Latest Release

THE MAGIC OF GOD

A Spiritual Memoir and Awakening Guide

In The Magic of God, Dr. Karla Hylton Dixon delivers a soul-stirring exploration of divine presence, purpose, and transformation. Through vivid storytelling and profound spiritual insight, she unveils the ways God gently, and sometimes forcefully, weaves healing, purpose, and restoration into the threads of everyday life.

This book is not merely a testimony—it is a call to awaken to the ever-present "I Am" within and around us. Whether you are wrestling with uncertainty, recovering from trauma, or seeking deeper spiritual clarity, The Magic of God offers a blueprint for rediscovering faith, embracing stillness, and trusting divine timing.

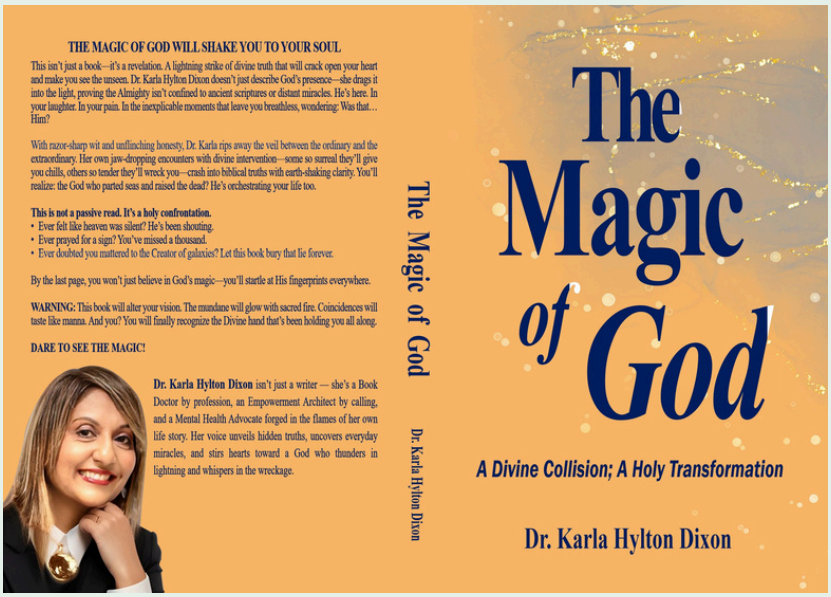
Key Themes:

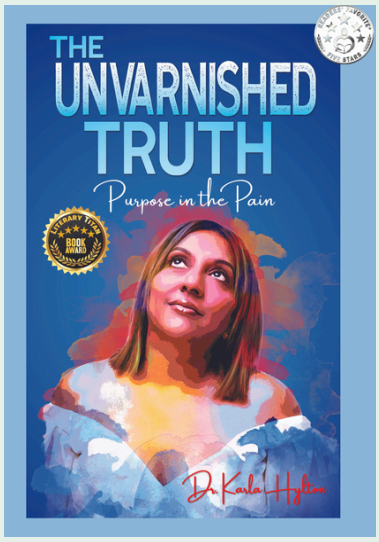
- Hearing and discerning God's voice
- Finding peace in spiritual surrender
- Trusting divine timing through life's trials
- Rewriting personal narratives through faith
- Living fully in the presence of the "I Am"

Audience Takeaways:

- A renewed spiritual identity rooted in God's promises
- Practical steps to cultivate divine awareness
- Comfort and clarity during transitional seasons
- A deeper understanding of purpose through pain

The Magic of God is a sacred companion for anyone on the journey from fear to faith, from confusion to clarity. It builds upon the emotional transparency of The Unvarnished Truth, offering readers a light to walk by and a voice to believe in.





BOOK DETAILS

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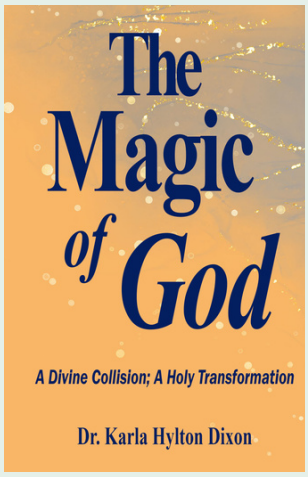

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