

Black Book Author SPOTLIGHT

Motivational speaker, fitness and dance expert, and author PEPPER VON

By Contributing Writer, Donna Michele Ramos

A Mississippi native, Pepper Von is a motivational speaker and an international fitness and dance expert, who for 30 years has taught classes and owned Step 1 Dance Studio in Sacramento. He is the founder of the Amateur Athletic Union (AAU), Hip Hop competition, creator and CEO of the Fierce Funk Dance Fitness program. His stage and screen credits are numerous, including: co-host on award winning ESPN Fitness Pros, appearances on Extra, MTV, NBC Emmy awards, Fox's Say No to Drugs/ Kids Reaching Out and the CW, Las Vegas on Stage (Japan); Inner City Games with Arnold Schwarzenegger and National Championship Tour with Gregory Hines, to name a few.

THE HUB: How did your book: "From God Through Me To You, Reflections on My Life" come about?

VON: When you want to share a gift with others, the masses, you must find a vehicle to share like TV. I chose the literary route, to share my journey with others for the greater good. My grandmother used to say, "You are never born just for you". I've had that upbringing all my life. As an entertainer, I wanted to live my artistic life in the public. Then I wake up and see my private life with scraps and slip ups could be of assistance to others.

THE HUB: How long have you been writing?

VON: This is my first book, I took about a year to write it. I found from other indie writers that a year is a short time. It took me longer to get it on paper; I had a ghostwriter. We walk through fear of exposing yourself to society. It's so fragile, I wanted to protect that. You are scared that if you



show weaknesses, you'll be judged for not being perfect. I realized I worried about being judged by imperfect people; when I've already been judged as perfectly imperfect by God. One day at 3:30 in the morning, God said get it out and let me worry about how it's received. You have to trust the process; walk yourself through self-proclaimed fears.

THE HUB: What do you want people to take away from your story?

VON: To know if I can do this thing called life fearlessly, so can they. I'm not from Mars, I'm just like them. If we look at examples of each other, we can be inspired and motivated by others daily. I hope people read it and say I stood am

