

# From Before to After

## *Becoming Who You're Meant to Be in the Middle of the Process*

by Joanna Hioe

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### Overview

*Before and After* is a devotional for those in the middle of their transformation — between what was and what will be. Drawing from Scripture, real-life stories, and the author's own journey through weight loss, writing, music, and missions, this book speaks to readers who feel "in progress" yet unseen.

Each chapter explores a different stage of growth — from **seed to harvest, weaving to tapestry, practice to performance** — revealing that transformation is not just about the outcome, but about the *process of becoming*.

The message is simple yet countercultural: *God works through process*. There are no shortcuts in true growth, and every "before" is sacred when surrendered to His timing.

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### Structure

The book follows a four-part arc that mirrors the rhythm of transformation:

1. **Before** – Recognising the call to begin.
2. **The Middle** – Walking faithfully through process and practice.
3. **After** – Embracing maturity, gratitude, and fruitfulness.
4. **A Glimpse Into Beyond** – Living as a multiplier, sowing new seeds into others.

Each chapter ends with a short reflection or prayer, making this book suitable for daily or weekly reading.

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### Audience

This devotional is written for:

- Believers navigating seasons of change — career shifts, creative pursuits, or personal growth.
- Professionals, writers, and artists who want to connect **faith and formation**.
- Anyone who feels “in between” and needs reassurance that they are still on God’s timeline.

Tone: Warm, reflective, and conversational — with the gentle authority of a coach and the heart of a worshipper.

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## Distinctives

- Integrates **real-world process metaphors** — music practice, fitness, research, and mentorship — with spiritual insights.
- Blends **scriptural reflection** with **practical application** for marketplace readers.
- Aims to build **faithful resilience**, not just inspiration.
- Ideal for short devotionals, coaching groups, or leadership development programs.