



Dorina Lazo Gilmore-Young is an accomplished author, speaker, podcaster at Eat Pray Run, and blogger. She chases God's glory as a mama, foodie, runner, and a weaver of words. Dorina specializes in helping people navigate grief and flourish in community.

Dorina and her husband Shawn wrote a devotional/training journal for runners called [Walk, Run, Soar](#) published with Bethany House/Baker Publishing group in Fall 2020. With an MFA in Children's Literature, Dorina has traditionally-published three multicultural children's books and a collection of poetry. Her book, [Cora Cooks Pancit](#), received the Asian American Librarian's Association Picture Book of the Year and is now in its 8th printing. Dorina has contributed a story and recipe to the coming cookbook, *Filipino Food for the Heart*. Dorina has two new children's books and a devotional/journal *Breathing Through Grief* coming with Waterbrook/Multnomah/Penguin Random House.

Having successfully blogged at Self Talk the Gospel, AlohaGilmores and Health-full for more than a decade, Dorina now writes regularly on her own site, DorinaGilmore.com. Dorina is also a storyteller at (in)courage and devotional writer for Proverbs 31 Ministries devotional team. Dorina also helped write the (in)courage devotional, [Take Heart: Devotions to Seeing God When Life's Not Okay](#). Dorina has also been part of the (in)courage Bible study series and helped in the writing and filming of five studies, including *Create in Me a Heart of Mercy* coming in Spring 2023.

A former reporter for the Chicago Tribune, Arizona Republic, and Fresno Bee, Gilmore's essays on grief have been featured in more than 30 newspapers and online magazines across the country. Dorina attended Calvin University for a bachelor degree in English Literature and Journalism and Hollins University for a Masters of Fine Arts degree in Children's Literature.

Dorina is passionate about helping women from diverse backgrounds flourish in their God-given callings. Raised in Chicago, Dorina was transplanted to Fresno, California in 1999. She considers herself a California girl now as she raises three daughters to love the cultural diversity, beautiful landscapes and unique food of the state. In 2016, Dorina married a long-time friend, Shawn Young. In April 2021, Dorina's family launched a monthly membership experience called [Global Glory Chasers](#) in partnership with Dr. Lucretia Berry and Brownicity. Their passion is to help people learn about different cultures and countries and to break barriers by breaking bread together.

Dorina leads a national group called Lead Loved, which helps connect Christian women leaders and equip in knowledge and faith. She is also the president of the [Redbud Writers Guild](#), which brings together more than 100 communicators of diverse backgrounds. For more than 20 years, she has been leading Bible studies and developing leadership teams in



the church setting. Her gift is delivering authentic, Biblically-sound messages that engage audiences through story. She has published two of her own Bible studies, *[Glory Chasers: Discovering God's Glory in Unexpected Places](#)* and *[Flourishing Together: Cultivating a Fruitful Life in Christ](#)*. Dorina frequently speaks on these themes. Dorina also has experience teaching college students, speaking in elementary schools, and coaching youth.

Dorina is the granddaughter of Filipino-Chinese-Hawaiian and Italian-Jewish immigrants. When Dorina is not writing or spending time exploring new cultures with her family, she's out on the trails running and chasing God's glory.

Connect with Dorina at www.DorinaGilmore.com, where you can sign up for her Glorygram letter. You can also find her as @DorinaGilmore on [Instagram](#), [Twitter](#) and [Pinterest](#).