

NEW YORK TIMES BESTSELLING AUTHOR
J.T. ELLISON



TEAR ME APART is almost here!!

August 2018 Newsletter
Vol. 200

Hi, Gentle Reader!



The end of summer is upon us, and I, for one, am somewhat relieved. The hot weather is starting to break, so that's a major plus. But it's really because August and September are almost always my busiest months, with vacations, birthdays, releases, tours, and I approach the first week of August with deep breaths and squared shoulders, knowing it's going to be a month.

This August will see the release of my 20th novel, **TEAR ME APART**, wrapping up the new Brit in the FBI novel with Catherine, a trip to Colorado for my dad's birthday, a trip to London to see Harry Potter, which segues right into **book tour** with stops in Nashville and Houston before jetting to Florida for Bouchercon and SIBA. (Just thinking about all of this, I had to brace myself with a cup of tea.)

These next two months are the pinnacle of a cascade of changes to schedules, roving deadlines, staffing changes, 2 secret projects (of which I'll be announcing one shortly) and a variety of weirdness (I blame the two Mercury retrogrades this year...) I am super excited, don't get me wrong (especially for London, OMG!) But for an introverted Taurus like me, all this noise, all these changes...it's been a crazy 18 months. Once all of this is behind me, I am going to take a little bit of time off. Read. Do yoga. Play golf. Hang with my husband, who's been a saint, and with friends and family who've been very patient with me while I muddle through.

I am going to refill my well. It's time.

What do I mean by "refill my well?"

To combat the stresses of the external environment and my own internal stresses, I am adamant about down time. About celebrating little victories. About finding time to read a book, take a walk, pet the cats, watch a movie, without

the hurried, awful sense of dread and doom that if I'm not working, somehow the past twelve years will magically disappear and I won't be a writer anymore. Irrational fears, but that's what anxiety does. It twists your view. By stepping away, I find the balance I need, and come back to the page full of ideas and vigor.

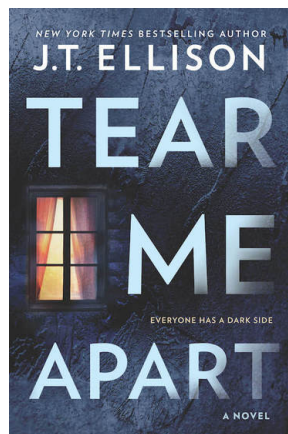
TEAR ME APART is a book about mental illness, so this is top of mind for me right now. We live in a fast-paced world, with too many distractions to count. We're inundated with marketing from all sides; our daily reality is surreal, to say the least; there are no barriers to conversing with friends and strangers alike from continents away. We hold ourselves to unattainable standards by following curated feeds of people's lives. We're experiencing what is known as a "disruption." (Historically, major disruptive events happen every generation—eighty years or so.) As a trained political scientist, a lot of which focuses on sociology, it's fascinating to watch and participate in, but it's also very draining, for everyone.

Regularly stepping back, turning off the internet, setting down the screen, getting some fresh air, and diving into a good book, will do wonders for your worldview. It will keep you healthy and happy. I promise.

Here endeth the PSA...

So join me, friends, as I will square my shoulders and march into the next challenge. Because that's what we do!

▣ More about TEAR ME APART, out 8/28



As I mentioned above, Tear Me Apart deals with mental illness head on. It's also a story about mothers and daughters, and about sisters. It's not a who-dun-it kind of book, which has been dominating the suspense realm of late. I wanted to do something different—a why-dun-it. I can't wait for you to read the book and tell me what you think. For now, here's a wee excerpt to get you going.

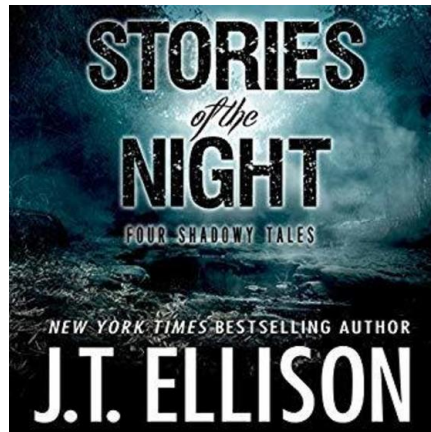
[Read The Excerpt!](#)



PW, Kirkus, and Booklist all loved *Tear Me Apart*. I think you will, too! Please consider pre-ordering the book. Pre-orders are a big deal. They help the book gain traction, which in turn helps with PR and marketing, and in general makes the book a winner before it even comes out.

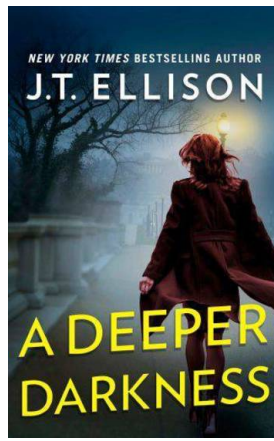
Pre-order, baby!

STORIES OF THE NIGHT is now available on audio!



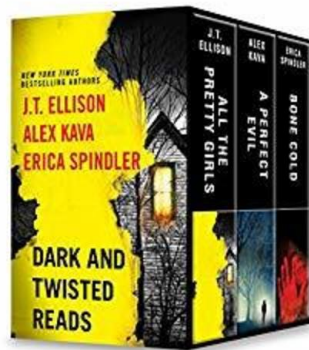
As promised, the audio for **STORIES OF THE NIGHT** is now on sale! It is a fantastically read collection, and it was an utter joy to collaborate with Courtney Parker and Basil Sands. Haven't done audiobooks before? This is a short collection and the perfect introduction!

New Cover For A DEEPER DARKNESS



A DEEPER DARKNESS, the first book in my Samantha Owens series, has a new ebook cover, and I absolutely LOVE it. This is the first time the cover really evokes the story perfectly. If you don't know the story behind my Samantha Owens series, you might enjoy reading [this post](#) about how it came to be.

DARK AND TWISTED READS



DARK AND TWISTED READS, a new book compilation, is three novels in a single book that also came out this month. It features ALL THE PRETTY GIRLS, by yours truly, A PERFECT EVIL by Alex Kava, and BONE COLD by Erica Spindler. This is a perfect grouping of books. If you've read me, but not Erica or Alex, you're in for a major treat!

[Get Your Copy Here!](#)

7 Useful Things I Learned from the Internet This Month



Obsession, Identity, and the New Thriller - A New Wave of Thrillers Redefines Women's Roles and Desires

Another fascinating, insightful piece. I love that we're having these conversations again.

How to Make This the Summer of Missing Out "The antithesis of FOMO (fear of missing out), JOMO is about disconnecting, opting out and being O.K. just where you are." I fully endorse JOMO!

16 Salad Ideas With No Lettuce At All So many great ideas!

A Mad Woman on Fire: On Sylvia Plath and Female Rage I do love seeing Plath get credit for her work instead of her demise. Also, don't be put off by the female rage moniker, that's not really what this is. It's complexity again, just with a darker bent.

Bill Clinton and James Patterson on Crime Fiction Super cool interview from Abby at Crime By The Book with two guys you might have heard of... As a co-writer, I found their process fascinating.

The Chinese Buddhist Billionaire Who Wants to Fix Your Brain This is a fascinating long read. Do we need better testing to determine psychiatric disorders in order to secure better, more effective treatment? Absolutely.

There Should Be No Internet for One Weekend Per Month What if? I'm seriously considering this. I do go hours without on the weekend, but not the whole two days. Hmm...

Join My Facebook Group!

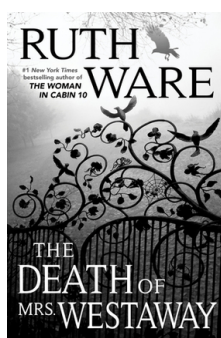
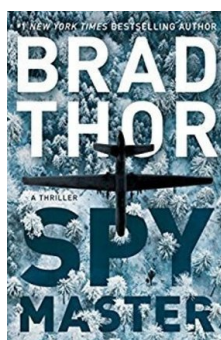
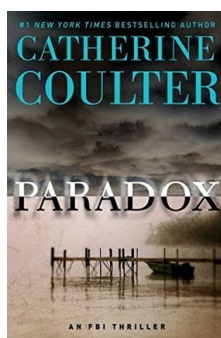
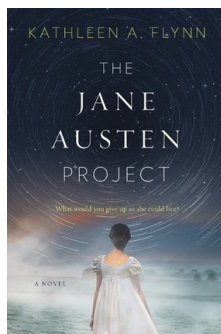


Facebook's algorithms have been at work so I decided to start a closed Facebook group so we can actually get to know one another and it will allow you to stay in the loop on latest and greatest.

It's called J.T. Ellison's Literati and I'd love for you to join me over there! You'll be the first to learn exciting book news and you'll get exclusive giveaways and glimpses into my writing life, as well as the chance to talk about the books you love with a community of readers. We promise all kinds of bookish fun!

Join the Literati

What I'm Reading



THE JANE AUSTEN PROJECT by Kathleen A. Flynn

Surprising, unique, and utterly compelling. I couldn't put THE JANE AUSTEN PROJECT down! A really inventive book. My friend Paige suggested this one, and I loved it — a totally unexpected view of Jane Austen.

PARADOX by Catherine Coulter

Catherine Coulter's latest Savich and Sherlock FBI adventure

It's not a complete summer without a Savich and Sherlock novel! This one's incredible—don't miss it.

SPYMASTER by Brad Thor

I love reading sophisticated spy thrillers and Thor always writes a gripping, prescient novel. Scary stuff!

THE DEATH OF MRS. WESTAWAY by Ruth Ware

I love Ruth Ware's work, and this book didn't disappoint. A crazy, creepy gothic thriller.

Click each cover to learn more!

August's Recipe: Roasted Cauliflower and Brussel Sprouts in a Creamy Tonnato Sauce



There's a restaurant here in Nashville called Bistro 360 that serves a truly divine, inspired dish: charred, roasted cauliflower and Brussel sprouts atop a creamy tonnato sauce. What is tonnato? Think tuna, capers, and anchovies in a mayo base. I know, I know, it sounds rather awful to many of you, but trust me when I say, it is an incredible accompaniment to the roasted veggies. It's also a quick and easy way to break free of the ranch dressing veggie dip served at pretty much every party. Recipes vary the number of anchovies, so I'd do that to taste, but as for the rest? It's that fun flavor you've been missing.

[I need this recipe, JT...](#)

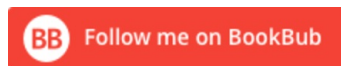
That's it from me. I'll return with a special release day newsletter for TEAR ME APART's release on August 28 so check back then!

peace and hugs,

Are you still here? After all that? Wow. Here's a kitten for your trouble!



Stay up on all of my book bargains and new books!



Let's be friends. I don't bite!



Privacy Updates

Just FYI, this newsletter is all sorts of GDPR compliant. Feel free to take a gander at my privacy policy which you can review [here](#). Though I'd hate to lose you, if you ever want to unsubscribe from our newsletter, click the link below. If you want to keep receiving these emails, then don't touch a thing! Thank you for being such a wonderful part of my community. Keep Reading!

S h a r e t h i s e m a i l :



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

P.O. Box 218453
Nashville, TN | 37221 US

This email was sent to .
To continue receiving our emails, add us to your address book.

emma

[Subscribe](#) to our email list