

NEW YORK TIMES BESTSELLING AUTHOR
J.T. ELLISON



Vital self-care, a writing retreat, meal shortcuts, and more!

July 2018 Newsletter
Vol. 199

Hi, Gentle Reader!



Ah, summer holidays... I hope your fireworks were fantastic and you strutted around with a flag in hand, waved sparklers with the kids, dripped some ice cream on your favorite shirt, and remembered your sunscreen. We had friends in, so I played tour guide around town. It was wonderful showing off my favorite spots in and around Nashvegas, but now it's time to be quiet and focused again.

I've gone deep—deep—inside my writing cave. Deadline for *THE LAST SECOND* is fast approaching, and we're beavering away trying to make the story come together. I slipped off for a couple of days in the mountains with my family, which was lovely and restorative, and got a huge chunk of words written, but now that I'm back in the stifling miasma known as Nashville, sitting under the fan on the porch, or just giving up and locking myself in my office, writing writing writing, I hope the end is near.

These last weeks are always fun but stressful, so I've done quite a bit of self-care planning for the month, detailed below.

I returned in time just in time to help my friend Jeremy Finley launch his fantastic debut novel, **THE DARKEST TIME OF NIGHT**, too! Parnassus was hopping, and we had so much fun talking about the book. (You can watch a news clip [here](#).) Funny enough, though we've been friends for a couple of years, have been exchanging emails and social quips for just as long, even been at some of the same parties, we've never managed to meet in person. It was a joy for me on many fronts!

And my BFF's new book cover dropped, too! The book is called *THE STRANGER INSIDE*, and it's Laura Benedict's first novel of suspense. It is incredible, y'all! And available for pre-order. Check it out [here](#).

It's going to be an amazing few months, friends. Onward!

▣ **Some Inside Scoop on *TEAR ME APART*, out 8/28**



TEAR ME APART is starting to make its way into the world, and some of the reviewers, like [Dennis at @scared_str8](#), are posting shots of it. Which is alternately giddy and terrifying...

You've all read the synopsis by now, so I thought I'd give you something slightly different, since you are my newsletter peeps and as such, you get special content not found elsewhere. So, a story.

Back in December of 2017, a meme floated around asking writers to post the first seven lines of their WIP (work in progress). I delayed because I didn't have the right opening yet. Finally, I just wrote something to get me off the hook, something experimental, something to satisfy the meme. I had no real plans to use it. This is what I wrote:

I remember the day she came so clearly. What quirk of fate led her to me? I wondered about this for years. If only I had stepped right instead of left at the corner, or taken the stairs instead of the elevator at the hospital, perhaps ordered chicken instead of steak for my last meal with my father before his death, the principles of chaos—the butterfly effect—would have altered the course of my life enough that she wouldn't have appeared. But I did step right, and I took the elevator, and I had the steak, and she did appear, and I will never recover from her.

As you will notice when you read the sneak peek (!) below, despite my thought that it was just a throwaway paragraph, this ended up being the opening to the book—and set the tone for the entire revision. Without further ado... here's the opening chapter of TEAR ME APART.

Give me that excerpt!

You like? Preorder, baby!

Can't wait? Goodreads has another [Advanced Reader Copy giveaway](#). Make sure you've added TEAR ME APART to your [Want To Read shelf](#)!

And late-breaking news: I'm so thrilled to share TEAR ME APART received [a star from Publishers Weekly](#) and a stellar review from [The Real Book Spy](#).

7 Useful Things I Learned from the Internet This Month



Is This the Biggest Book Cover Trend of The Year? "2018 is the year of the all-caps typography." Have you noticed this trend? I admit, they're good looking covers...

The 25 Best New Books to Put in Your Beach Bag This Summer Fun list! I'm especially looking forward to **Girls' Night Out**, **Give Me Your Hand**, and **When Life Gives You Lululemons**.

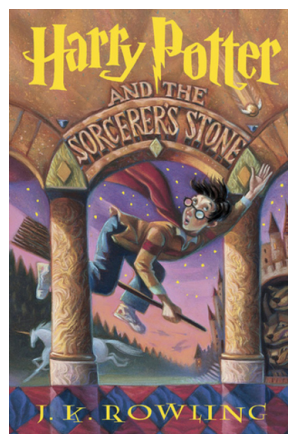
8 Crime Novels Of Women Starting Over - Crime Fiction as a Safe Space to Imagine Change "Crime fiction is the perfect safe space for me to explore my own growth and transformation. The characters are often similar to myself, or a close friend, or my neighbor across the street, or a woman I used to work with. It allows me to envision what would happen if I, too, dared to change something major in my life—including the consequences of making those decisions—without having to actually change anything at all."

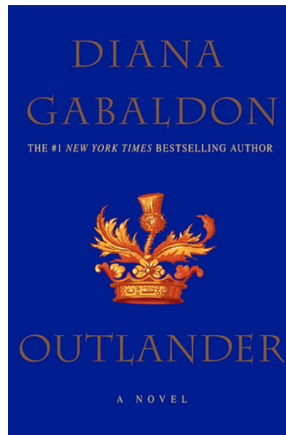
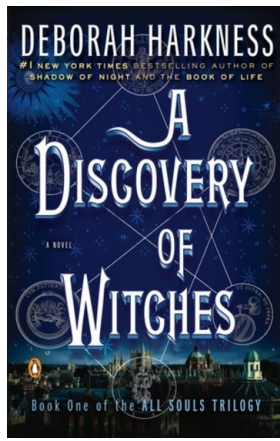
Introvert or Extrovert? Here's How to Boost Your Productivity I love this...adapting a few of these practices to my work day!

The Ultimate Guide To Organizing Your Kitchen Great tips here! I am always looking for ways to make my kitchen both aesthetically beautiful and functional.

17 F*cks You Should Finally Stop Giving When You're A Grown And Mature Person Pardon my French, but a-f*cking-men. Seriously. You've got this. You don't need anyone else to affirm that you're fabulous.

▯ What I'm Reading





I often get myself in a tangle, on deadline, with multiple outside commitments, and when that happens, I do as much self-care as possible. In addition to extra sleep, nutritious food, lots of baths, yoga, and time with friends, I also return to my favorite reads. There's something so comforting about a brilliant book with characters you adore. Here are my favorites:

HARRY POTTER SERIES by J.K. Rowling

I've read this series a ton but this time around I'm giving myself a treat and listening to them on audiobook for the first time. I heartily recommend listening to HARRY POTTER AND THE SORCERER'S STONE. Jim Dale's narration is incredible! Also: every time I finish reading a book, I watch all the movies. Harry Potter is the gift that keeps giving.

ALL SOULS TRILOGY by Deborah Harkness

Did y'all catch the incredible trailer for A DISCOVERY OF WITCHES yet? [Watch it](#) and you'll understand why this is one of my all-time favorites. The Voynich manuscript figures heavily in [THE SIXTH DAY](#), thanks to Deb bringing it to my attention in her books. I bow down to her genius and can't wait to see her at Parnassus Books in September! Read the trilogy if you haven't already and thank me later.

OUTLANDER SERIES by Diana Gabaldon

You all know I am a disciple of the Gabaldon. Her storytelling skills are wonderful, she has created a world I want to revisit time and again, and oh yeah, big tall Scots named James do it for me... 😊 It's always nice to slip back into my favorite characters' lives—makes me feel very comforted and happy.

Click each cover to learn more!

Favorite Instagram Account of the Month



[@catsinthestacks](#) stole my heart!

[Do you follow me on Instagram?](#) I share inspiration, writer's life – and, of course, cat photos.

▣ A WORD ON WORDS

Co-hosting **A WORD ON WORDS** with fellow Nashville author Mary Laura Philpott has been an incredible ride. Don't miss out on our most recent episodes: **[Side Tracked with Anna Quindlen](#)** and **[Exit This Way with Mohsin Hamid](#)**

July's Recipe: Freshly



I am so cheating this month. My husband recently wrote a piece on the **[dangers of soy in our diets](#)**. With our combined food allergies and limitations—me: no wheat and gluten, no red meat; him: not even the barest trace of soy—it can sometimes be a challenge to come up with good, nutritious food. I'm also on deadline, and as often happens, we find ourselves eating pizza and going out several nights a week because we're too busy to cook. I've tried food services in the past but haven't found any I liked, until now.

Freshly is a subscription service that delivers meals to your home—and they are ALL gluten-free. Many are also soy-free, and Freshly allows you to customize meals to your dietary needs. The prices are more than affordable — our plan is 12 meals for \$100. I'm not an affiliate, I simply love their food. If you're interested, here's a code that will give you \$40 off your first order.

Now This I Have To Try...

One Last Little Self-Care Item: A Home Yoga Practice

Exercise is good for the soul, as well as the body, and I am especially grateful for my yoga practice when I get on deadline. I am more of a home practitioner anyway, and I love using Yoga with Adriene videos to stretch my body and my mind. The fun thing: they're (mostly) free, and (mostly) only 30 minutes long. EVERYONE, even writers on close deadlines, have 30 minutes to ground and let go.

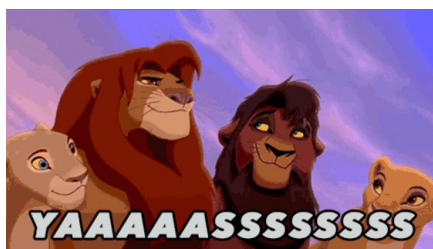
Namaste, Baby

Well, that's been quite a lot. I'll see you again early on in August. Keep your eyes on the blog, as we'll be starting some contests and the like to gear up for TEAR ME APART's release August 28. Oh, and up your water intake, and make sure your pets have lots of fresh water daily, okay? It's HOT out there!


peace and hugs,



Are you still here? After all that? Wow. Here's a roar of approval!



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

 Follow me on BookBub

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!

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