



## PRESS KIT

What you need to know  
to sound like you've read the book

## A MESSAGE FROM CHRISTINE

While some would see being born with a cleft lip and palate and being classified as learning disabled as barrier to success, I always saw them as challenges to overcome. As I've grown older the challenges have continued and some are harder to overcome.

I wrote Blue Sky Morning as a reminder that although it takes time, you can overcome the obstacles in life. Sometimes you need to reimagine the solutions, but we are each able to find a solution that allows us to move forward.

Blue Sky Morning is a journey of self-discovery. Emily has the perfect life – until a car accident disconnects her from the things that define her. When Emily is unable to find her way, she decides to follow a dream she had when she was younger – a dream to travel around the world.

Emily starts her journey in fear of the unknown, and through the experiences she has and the people she meets she slowly rebuilds her life. Eventually, she finds freedom in these experiences and is ready to step forward into the life she was meant to live.

Join Emily on this journey of self-discovery and enjoy the hope that comes with a Blue Sky Morning.

Christine Maier  
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## SUMMARY

Emily had the perfect life—a great job, a loving family, and loyal friends. She was even about to get engaged. But it all came to an end instantly when she has a car accident leaving her broken physically and mentally.

When she finally hits rock bottom, she finds the courage to change her life. She takes her settlement money and travels the world. Through the experiences and the people she meets along the way, she rebuilds herself to live the life she was meant for.

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## ABOUT THE AUTHOR



Christine Maier is a new author, longtime writer, blogger, and photographer. She was born with a cleft lip and palate and had enough surgeries to stop counting. Growing up with a learning disability, she never imagined writing a book until she developed reading and writing skills in adulthood. In high school, she fell in love with reading and then wrote some short stories, and in the process learned she had a knack for writing.

Christine earned her bachelor's degree from Penn State, and later her MA from the University at Albany. After college, Christine took her first weeklong vacation, a tour through California, and was bitten by the travel bug. Since then, she's traveled around the world, including Australia, the Galapagos Islands, Russia, and South Africa. Today she resides on Long Island in New York, where she can be found pursuing her interests: reading, writing, photography, and planning her next trip.

Christine can be found at: [TheChristineMaier.com](http://TheChristineMaier.com)

# WHY CHRISTINE'S MESSAGE IS IMPORTANT

## Anyone can experience a traumatic event

Experiencing a traumatic event is almost unavoidable over the course of a lifetime. It is estimated that 70% of people will experience and traumatic event in their lifetime<sup>i</sup>. Traumatic events come in many forms, including accidents, acts of violence, or poor health. People who have navigated trauma in the past may struggle during future events. The skills that help develop resilience and the ability to cope are the same, even if the recovery varies greatly.

## Impacts and Symptoms of a traumatic event<sup>ii</sup>

- Abuse of alcohol and drugs
- Depression
- Anxiety
- Anger
- Low self-esteem
- Emotional detachment
- Suicidal ideations
- Insomnia
- Nightmares
- Hallucinations
- Inability to concentrate
- Moody and irritable

## Resilience is a trait we can all develop

Research<sup>iii</sup> shows that resilience is not a trait that people either have or don't have, it is something that can be learned and developed by anyone. Christine has had to learn this skill and adapt to changing circumstances several times.

## Resilience takes time and practice

No matter the circumstances that lead to a personal trauma, the behaviors that build resilience are universal. Maintaining a positive attitude and working towards goals takes time and practice. "Blue Sky Morning," offers inspiration to readers to continue working toward their dreams.

# INTERVIEW TOPICS/FOCUS

**In our interview, we can discuss trauma and the impact it can have on people.**

Trauma can have a variety of different impacts of people: abuse of drugs and alcohol, depression, anxiety, withdrawal from friends and family, suicidal thoughts, interrupted sleep, moodiness, and many more. Blue Sky Morning explores several of these impacts.

In Chapter 11, Emily is confronted by her sister about avoiding friends.

“Emily, I thought you had plans with someone from work tonight?” Jessica asks as she breezes into the house on a Saturday night.

“I canceled. The last time I went out with this girl she acted like I was made of porcelain or she was oblivious to my being slower than I used to be.”

“So what? I do that to you all the time,” she says as she unpacks some bags for my parents.

“At least I can say something to you without you getting offended. I just feel abandoned when she does it.” The last time I was out with Alexa, one of our secretaries at work, she wanted to help me get out of the car, but then left me to be almost be trampled when we were inside the restaurant. She was totally unaware of how crowded the lobby was and how many people bumped me while we waited. I was frustrated by the time we got a table.

During Jessica’s silence, I get a text message from Alexa asking if I’m feeling okay. I ignore it because it will just prompt her to chat about work. Jessica doesn’t miss my action, or my inaction, and starts peppering me about why I’m ignoring people from work. “Jess, I’m tired of talking to them.” (Page 102)

In Chapter 15, Emily has trouble sleeping due to depression.

I know I should just be happy that I only suffered a cut to my cheek and no real damage inside my mouth, but I can’t bring myself to be happy about that. The jagged line of the scar near my hairline is like a window to my broken jagged soul. My job sucks, I’ve lost count of the procedures done on my tired body, even after tracking down the best doctor in New York for scar removal, I still have the scar. I will always have the scar. (Page 143)

**In our interview, we can discuss overcoming fear.**

In chapters 2 and 3 Emily faces a fear of getting lost. Although she eventually overcomes the fear, it does hold her back and it takes another fear to force her to move forward.

In chapter 2 a fellow traveler helps Emily get past her fear of taking the Tube.

She walks with me for a few minutes before pointing me in the direction of the Tube. There's no escaping it now. I must either take the Tube or tell Alma I'm frightened.  
(Page 15)

In chapter 3, Emily afraid of getting off the bus, she ends up missing opportunities to see things in London, which she berates herself over.

I look at the map and realize the bus is restarting its route. I make my way to a guide on the bus, and he confirms I'm the idiot who stayed on the bus so long that the route is starting again. Except he says it a little nicer than that. (Page 23)

**In our interview, we can discuss the inner critic and different ways to overcome.**

We all have a voice inside our heads that talks to us, it's often telling us negative things. The first step to overcoming the inner critic is to recognize it and the negative things it says to us.

Once we acknowledge it, we can learn to manage it:

You're afraid of something different, in this case the air, your personal space, and anything else running through your head. But the truth is, it's a new place, a place you don't know and that is stressful. You focus on the little things you're afraid of, making them conform to your stereotype until you convince yourself it's all true. Meanwhile, there might have been other great things you missed because you were focused on the negative." (Page 138)

**In our interview, we can discuss how to manage your expectations when there is a limit preventing you from achieving your goal.**

You don't necessarily need to give up on a goal, but adjust it.

I used to be a runner. I'll never run a marathon on my own two feet again . . . Well, I probably won't." She smiles. "If I wanted, I know that I could bike a marathon. It's all about how you think about it and making some adjustments to your goals instead of letting go of them." (Page 157)



# SAMPLE INTERVIEW QUESTIONS

1. What prompted you to write Blue Sky Morning?
2. Tell us what is Blue Sky Morning about? Who should read it?
3. What is the biggest struggle that Emily needs to work through?
4. Are any of your characters inspired by real life people?
5. Emily goes through a wide range of experiences, were any of them inspired by real life experiences?
6. What traits do you share with the main character Emily?
7. Were any scenes particularly hard to write?
8. Did you visit any of the places you wrote about for research?
9. Were you inspired to visit any places while writing about them?
10. What tips do you have for someone who is struggling and needs inspiration to rebuild their lives?

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<sup>i</sup> SIDRAN Institute, 2017; <https://www.sidran.org/resources/for-survivors-and-loved-ones/post-traumatic-stress-disorder-fact-sheet/>

<sup>ii</sup> Jacquelyn Ekern, “Trauma Causes, Statistics, Signs, Symptoms & Side Effects,” <https://www.addictionhope.com/trauma>

<sup>iii</sup> Maria Konnikova, “How People Learn to Become Resilient,” The New Yorker <https://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience>