

MONTHLY Newsletter



October 2025



Hello, Readers, Writers, Editors, and Friends

This is my very first newsletter, and I want to thank you for being here. Every story begins with a blank page, and this is mine.

I hesitated to start with such a serious topic—writing and editing are vocations I celebrate. However, a large part of my author identity is to bring awareness to these issues.

October is Domestic Violence Awareness Month. This theme is close to my heart

because it shaped the theme for my first novel.

My book explores domestic violence and the impact on children—not just the pain but also the resilience, courage, and healing.

Stories help us name the unspoken, carry the heavy, and often spark the first step toward change. That belief is why I write, and it's also why I edit and coach other writers: to help bring more meaningful stories into the world.

In this newsletter,
you can expect:

Hello, Friends

Reader's Corner
News and Info

Tips from the
Writer's Desk

Quote of
the Month

Closing Remarks



Reader's Corner: The Heart Behind My First Novel

When people ask why I chose to write about domestic violence, my answer is simple: because stories like this matter.

If you've ever read a book that helped you see yourself more clearly—or gave you hope you didn't know you needed—you know the kind of connection I hope my stories bring.

Growing up, many of us are told that books are windows and mirrors—windows into lives different from our own, and mirrors that reflect parts of ourselves. My first novel was written to be both. For readers who have never experienced abuse, I wanted it to be a window—an honest glimpse into what happens when children grow up in an environment of fear and silence. For readers who have lived through it, I wanted it to be a mirror—a reminder that they are not alone, that their pain is real, and that their story matters.

The book follows the journey of a child learning how to survive in an unsafe home, but more importantly, it shows how resilience, love, and courage can take root even in the hardest soil. It's not an easy read at times, but my goal was never to dwell on darkness for its own sake. Instead, I wanted to show that even in the darkest spaces, there are small moments of light—friendship, self-discovery, and hope.

As readers, we all carry books that changed us—stories that opened

our eyes or helped us breathe easier. For me, writing this novel was both cathartic and challenging, but above all, it was purposeful. If my book has helped even one person feel seen or understood, then every late night and every hard page was worth it.



Check out my debut novel, a coming-of-age story that explores complex themes of identity, teen grief, and mental health. In honor of Domestic Violence Awareness Month, it will be free on Amazon for 5 days on October 14th.

Please share with those who need a story of hope in the face of trauma.



from the Writer's Desk

As an editor and book coach, I often work with writers who tackle heavy subjects, such as trauma, grief, identity, and social injustice. The question that always comes up is: “How do I tell this story without overwhelming—or worse, retraumatizing my readers?”

When writing about heavy themes, balance is key:

- Pair struggle with hope.
- Allow space for small victories.
- Remember your characters (and readers) are more than their pain.

The best stories give us both empathy and possibility.

Here are a few principles I lean on when writing or editing tough topics:

Lead with humanity, not sensationalism.

It's tempting to over-describe trauma in an effort to make readers “feel it.” Most of the time, though, restraint is more powerful. A quiet detail—a child folding socks neatly while chaos erupts in the background—often conveys more truth than pages and pages of graphic description.

Balance struggle with resilience.

Readers don't only want to see pain; they want to see how characters endure it, navigate it, and rise above

it. Even small victories—a character finding a moment of peace or choosing kindness in spite of their trauma—create balance and hope.

Trust your reader's empathy.

You don't need to spell out every detail for readers to “get it.” Trust them to fill in the emotional blanks. In fact, leaving space for the reader's imagination often makes the story more personal and impactful.

Remember your responsibility as a storyteller.

When you write about sensitive topics, you don't just tell a story—you convey a reality that could be very real for someone in your audience. That doesn't mean you should avoid hard truths, but you should handle them with care, empathy, and intention.

If you write about a heavy cultural issue, ask yourself: “What do I want my reader to feel at the end of this scene? What do I want them to carry away when they close the book?” That clarity can guide every narrative choice within your story.

Writing difficult stories isn't easy—but it's necessary. They bond us, alert us, and allow us to heal. Stories change perspectives, foster compassion, and even give someone the courage to speak their own truth. That's the true power of storytelling at its best.



Closing Remarks

Thank you for letting me share the start of this new journey with you. I'd love to know: What's a book that lifted you up when you needed it most? Reply and tell me—I'd love to add it to my to-be-read stack.

If you or someone you know needs support this month, the National Domestic Violence Hotline is available: 1-800-799-SAFE (7233) or thehotline.org.

Until next time,

Heather Preis

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Quote of the Day

*There is no greater
agony than bearing
an untold story
inside you.*

— Maya Angelou

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Thank you for reading!