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AUTHOR MEDIA KIT

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Author Bio



Sabrena is an Indie author of women's fiction and poetry – taking readers on relatable journeys into the lives of her characters. She graduated from South New Hampshire University where she received her BA in Creative Writing and English with focus on Fiction. She is an active member of Women Fiction Writers Association.

Sabrena was born in New Jersey and has spent most of her adult life residing in North Carolina. When not writing, she enjoys exploring the outdoors, reading, cooking, traveling, music and dance, good coffee, and fun times with family and friends.

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BOOK INFORMATION

Author: Sabrena Montora Robinson

Title: Nadine

Genre: Women's Fiction

**Target Audience: Female Readers Over 20 yrs
Old**

Release Date: July 22, 2021

Available Formats: Paperback and eBook

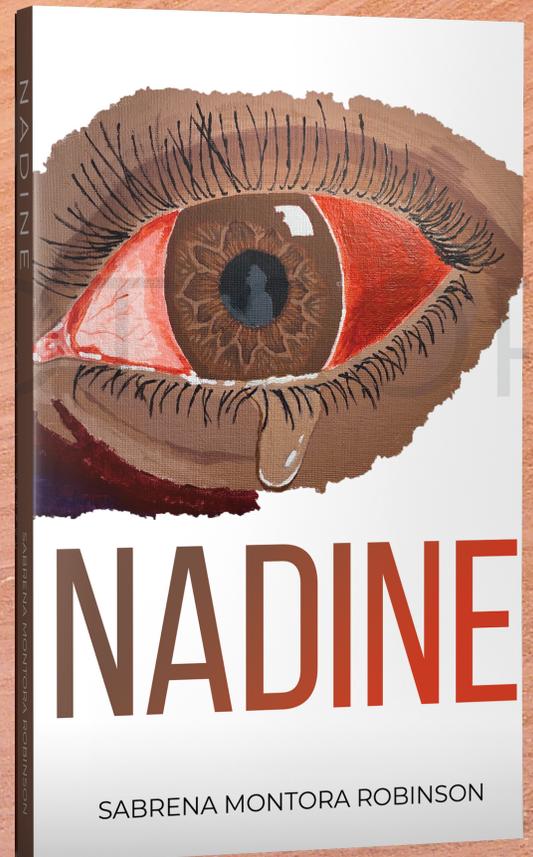
Price: 19.99

Page Count: 356

Available: Amazon and Barnes & Nobles

ISBN: 9780578925684

Publisher: Burkwood Media Group



NADINE

The story of Nadine takes you on an emotionally rich rollercoaster. A horrific marriage sends Nadine in a fight or flight situation that finally ends her hidden secrets of abuse. A split-second reaction to save herself from a dramatic act of violence changes the course of her journey forever.

Forced to enter into a different world by her actions, Nadine struggles with the demons from her past, until a glimmer of hope for a different future, comes in the form of Linfred Carter, an ambitious attorney who sets out to change the course of her life.



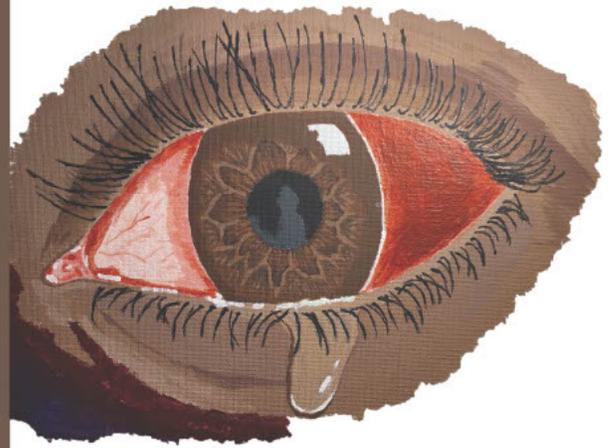
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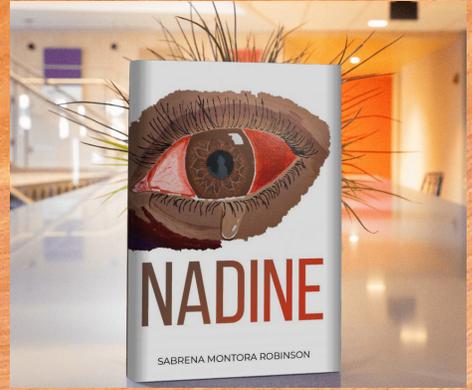
SYNOPSIS

The story of Nadine takes you on an emotionally rich rollercoaster. A horrific marriage sends Nadine in a fight or flight situation that finally ends her hidden secrets. A spontaneous reaction changes the course of her journey forever.

Forced to enter a different world by the results of her action, Nadine struggles with the demons from her past, until a glimmer of hope for a different future, comes in the form of Linfred Carter, an attorney who is determined to help her courageously put the shattered pieces of her life back together.

EXCERPT

From Chapter 4



Nadine cried all the way home. She was relieved to see no one was there when she arrived. She cupped her hands over the bathroom sink and doused her face with cold water, and quickly dried her face and hands when she heard someone at the front door.

“What are you doing here?”

“Is that how you greet your mother-in-law?”

“I’m sorry. Of course not. Come in.”

“That’s better. Anyone else here?” Phyllis peeped around before entering.

“No. Why?”

“I have something for you.” She appeared to inspect the loveseat for its cleanliness before she sat down.

Nadine took a seat on the couch across from her and asked, “Ok, what is it?”

“You know you’re awfully rude—not to mention, you hung up on me the other day. Anyway, Charles asked me to bring you this.” She reached in her purse and pulled out an envelope, placed it on the coffee table and slid it towards Nadine.

“What is this?”

“Money. Seeing as how you’re not working and staying here with your family – you probably need it.”

“Why didn’t he give it to me himself?”

“He’s been working. Nadine, it’s not right for a man to be separated from his family. So, why don’t you and the children just go home? How long are you gonna keep this up?”

Nadine looked at her vaguely, shaking her head. “What about his drinking?”

“Oh, he stopped drinking, Nadine. Didn’t he tell you? He stopped. He’s been going to AA. Look, marriage is about the ups and downs. You know, for better or for worse?”

“Why does it always seem to be for worse?”

“No marriage is perfect, not even mine.”

“Really?”

Phyllis sensed Nadine’s sarcasm. “Don’t be cute. We’ve been together for twenty years. Yes, we have ups and downs, but we’re still together. That’s the point. Besides, you can’t run home every time something goes wrong, little girl.”

INTERVIEW QUESTIONS AND ANSWERS

How long have you been writing?

Since I was a teenager. I always loved writing poems. I also wrote a short story about meeting Michael Jackson when I was in high school.

Where do you get your inspiration?

It comes from different places. It can spark from something I've seen, heard, or read. It can also come from other people's life experiences or experiences from my own life. There's a story in every aspect of what we do each day.

Tell us about your first published book, and what was the journey like?

My first published book originally was in 2008. I really wanted to just try my hand at a novel and see what it would look like in print. I was very proud of it. The title is ***Nine Months To Life***. It was published through Publish America. As my writing skills and knowledge grew, I decided to revise the book. So, I bought my rights and re-published it with Amazon in 2014. Even today, I look at it and say to myself, 'I could write it even better.' Artist of any industry will always look at their work and say it could be better, it could be better, it could be even better. But, it's a story of a young surrogate mother who experiences a lot more than what she signed up for. I love the story and it will always be my measurement of looking back book after book and seeing how far I've come.

How do you do research for your books?

Once I've decided on where I want the story to take place and what I want to happen within the story, I began my research online. If my setting is in a place I've never been, then I'm reading everything about that place and looking at scenes to make the setting realistic. I'm researching the era that the story takes place for clothes, language, what was popular during that time in the news, or neighborhoods, music, etc. Then I pull everything that I've researched into my stories. For instance, with my current book, ***Nadine***, I knew about domestic violence, but I researched additional information. And I did quite a bit of research on Battered Woman Syndrome and the different phases of it. Research is very important to me because although I write fiction, I want to bring as much realism into the story as possible.

INTERVIEW QUESTIONS AND ANSWERS

What is your writing process like? Are you a plotter or a pantser?

I am more of a pantser. I do have a triangle that I jot notes around, but as I'm creating the story, not before. I can't really plan out a story. When I get a story in my head, I have to sit down and just write it. Once I get to the end, I go back to the beginning and shape the story until I'm comfortable with it. Then it goes to editing. Every writer's process is different and this works for me. My main character(s) and the setting are the only two things I know when I began a story. The rest just comes as I write.

How do you handle literary criticism or negative reviews?

One thing I've learned in life is that not everyone is going to like what you do or who you are. The same goes for the literary industry. Some of the most famous authors have received negative reviews or *opinionated* literary criticism, but they keep writing. So, regardless of the critics and negative reviews, I keep writing. Every review or words of criticism is not constructive. I just don't let it get into my head. For example, someone's review could say, "I thought the main character was stupid and I didn't like the ending." Then they'll give me 2 stars. How does that help me as an author? If it is truly *constructive* criticism, I can accept that and keep it in mind going forward.

How did you come up with the title for your current book?

Well, Nadine is the main character in the book. I thought just to simply use her name as a title might peak interest into who this woman is. I think Nadine will surprise the readers and I want them to remember her name.

Tell us about the process for coming up with the cover.

Actually, my brother designed the cover. He initially hand-painted it on a canvas. Then I sent a picture of the painting to my publisher and it is what you see. I love it. I wanted something bold and catching, but related to the story. When I look at it, I can see the emotions, the pain, and the abuse. If you look closer, you'll see a man in her pupil with his fist raised.

INTERVIEW QUESTIONS AND ANSWERS

What is the key theme or message in the book?

Courage and determination. Victims of domestic violence don't always know how to get out of a situation, especially when there are children involved. So much is invested, I want my readers to understand what victims go through, the consequences of their decisions, and how society truly feels about the victims. Also, victims can and do have happy endings. *Nadine* is not your typical story. There's a lot of surprises.

What was the hardest scene to write?

Being that *Nadine* was inspired by the events in one of my cousin's life, the entire story was hard to write, especially the scenes of abuse. But, the very hardest to write was the rape scene in the den. I don't want to give it away, so I'll just say when you read it, you'll understand. I have to get into these scenes so to speak in order to write them, so it was very emotional for me.

Can you share something about the book that isn't in the blurb?

There's several unexpected turns in the story. There's more than one antagonist in *Nadine's* life. Also, the book is dedicated to my cousin who is no longer here with us, and all the victims and survivors of domestic violence.

Are you working on anything at the present you would like to share with your readers?

I am currently working on a book of poems and short stories with my brother as co-author. It's exciting to work with him because he is so talented. I also have another novel I am working on.

Who is your favorite author and why?

I have several, but the author I've been following the most lately is Jodi Picoult. I love that she writes women's fiction and stories involving relatable and current issues for women. She is involved in her community and she seems genuine.

What are you reading now?

I actually just finished reading *Mrs. Wiggins* by Mary Monroe, another favorite of mine. That story was very captivating.

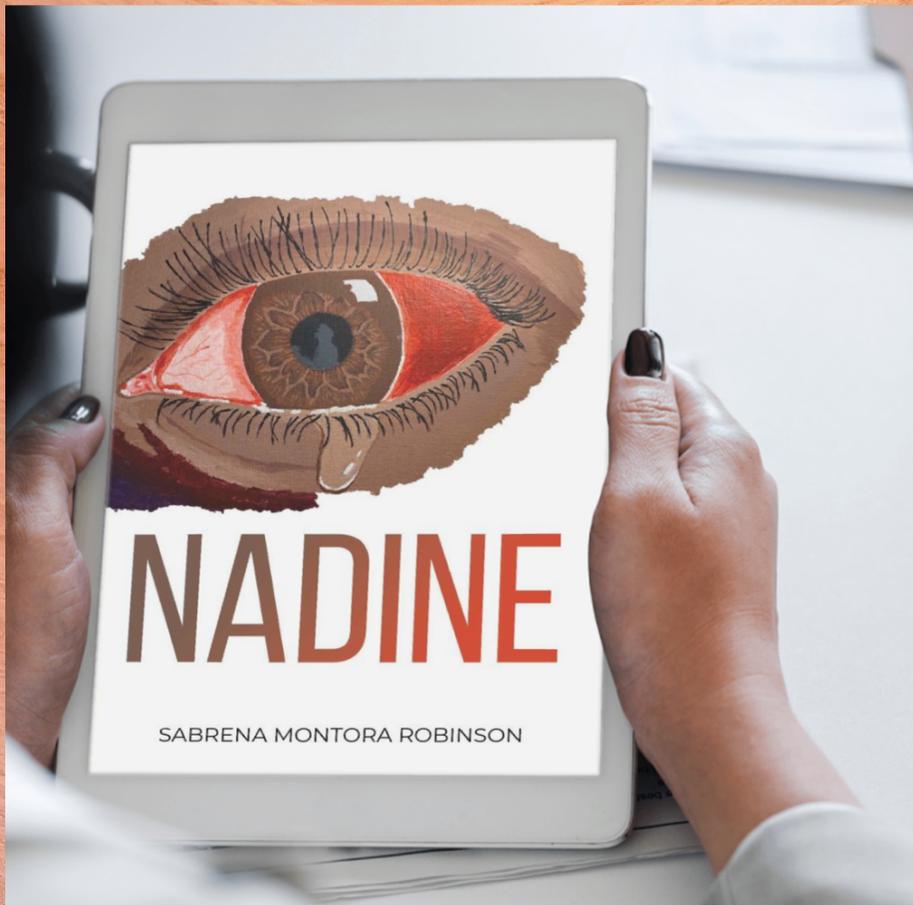
INTERVIEW QUESTIONS AND ANSWERS

Are you on social media and can your readers interact with you?

Yes, and absolutely. I want them to. They can keep in touch with me from my website, Twitter, Facebook, LinkedIn, or Instagram.

Share something your readers wouldn't know about you?

I have to write to music. Some may think that is distracting, but silence is distracting to me. I can write anywhere as long as I have music and a cup of coffee.



Nadine is a woman's story of courage and determination.

****Surviving a marriage of domestic abuse and putting the shattered pieces of her life back together afterwards.****

Nadine is inspired by true events.

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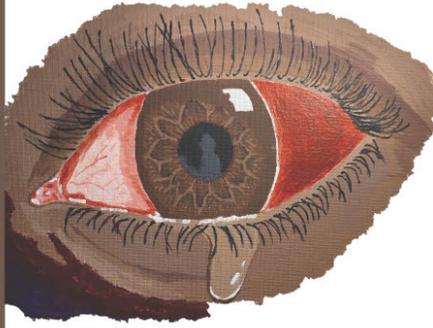
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