



Hi, Fellow Reader!

In many ways, reading is like therapy (and hey, as a psychologist, I would know!) We create space and let our minds dig in. Reading is intentional, a conscious choice as to how we will spend our time and allocate our attention. It's a way of both nurturing and expanding ourselves. We choose our books based on what resonates, what lures and fascinates us. With each chapter, we let the words seep in, rearrange our thoughts, and echo long after we've read the last page.

In other ways, though, reading is pure escape (and as a lifelong book addict, I know this too). We visit new worlds completely unlike our everyday existence. We slip into the lives of strangers. The adventure and suspense might set our hearts pounding, but it's safe. A way to try on a different skin without getting lost in its confines.

For me, reading has always been both of those things—an engine of imagination and thought as well as a place of rest and delight. And for the last decade or so, writing has been as well, which is why I am so incredibly honored that Overdrive selected *The Quiet Girl* as one of its Big Library Reads.

*The Quiet Girl* is not my first novel, but it is the first one I've ever written that is set in the "real world." One without magic or aliens or giant mechanical spiders (yep, I've happily written all of that in the past). Perhaps as a way to ease myself into the confines of reality, my first psychological suspense book features a writer: a romance author, to be precise. One who has disappeared, leaving her loving husband the task of figuring out what happened.

I'll give you one guess as to how he finds the answer ... or maybe I'll just let you read and find out! I hope you find in its pages both escape and ideas that echo.

Happy Reading!

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