

NEW YORK TIMES BESTSELLING AUTHOR
J.T. ELLISON



A treat, a trick, and a story for you

October 2019 Newsletter
Vol. 211

Hi, Gentle Reader!



Happy October! Who's ready for some cooler weather and ghost stories? I love this time of year, I'm longing to be back in Scotland, and I love me some ghoulies and ghosties, so to say thank you for being a part of my writing world, here's an early Halloween treat for you: a ghost story set in Edinburgh, on the house. I hope you love *The Endarkening*.



I WANT TO GET SPOOKED

Fall represents the end of a cycle, yes, but it also has always felt like the beginning for me. The autumnal equinox is a signal to clear out the detritus of summer, redo the color scheme of the house, break out the boots and sweaters and jackets... in other words, change.

I'm a Taurus; I'm not supposed to like change. But there's nothing I like more than setting up the house for fall. It's a nesting instinct, I suppose. We're relatively minimalist here, so decorating isn't a huge amount of work—some fall leaves, some fall candles, a wreath for the door—but the bulk is done behind the scenes. I'm a fall cleaner, instead of

spring. I like my nest to be ready for snuggling, for the Hygge. And the words. I write best in the fall and winter, so the house needs to be purged to make room for the words. Speaking of words...

"The greatest mistake you can make in life is to continually be afraid you will make one."

- Elbert Hubbard

This quote spoke to me today as I was putting together the newsletter. I think the fear of making the wrong decision is what holds us back from realizing our creative potential. I know it stops me in my tracks too often. I hate making mistakes. I try not to let the fear of it paralyze me, but sometimes, even I succumb. That worry generally presents itself as some good old-fashioned insomnia. Ugh. Is there anything worse than that moment when you realize your brain is on overdrive and sleep isn't coming? Not only personal worry and concern for the world at large, the change of season, the changing of the clock, all of it contributes to interrupted sleep, especially as the days grow shorter.

I have a trick I like to use when I realize I'm not drifting off properly. I breathe. I focus on my breath and do square breathing. In for eight counts, hold for eight, out for eight, hold for eight. It helps quiet my mind enough that I can tell my thoughts I'll deal with them tomorrow. No decision made in the throes of insomnia is a good one. Promise yourself you'll give that decision its due in the morning, and get some rest.

I'm in line for lots of rest this month, because unfortunately, I needed to repeat the knee surgery I had back in June. It was simply not healing properly, and I'm tired of not being 100 percent. Surgery happened last week, and went extremely well. I'm ready for this puppy to be healed so I can get back onto the golf course—not to mention just go for an evening walk. I've missed connecting with nature this summer, though I have to admit, the weather in Nashville has been on the hot side.

Sadly, this turn of events necessitated me canceling my Fall **events**. I *might* make Southern Festival of Books this weekend; it all depends on how well I'm getting around. But Bouchercon is sadly out. I'm not going to fly anywhere until I can walk comfortably, without crutches. I do hate to miss it, but I have to put my rehab first.

But this enforced time at home means I'll be writing my heart out, finishing the next standalone novel, and getting ready for the release of **GOOD GIRLS LIE** at the end of the year. Book tour is shaping up nicely—we'll have tour dates to share in the next month or so.

Onward... That's all we can do, right?

▯ New Releases and Bargains



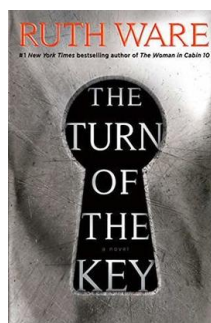
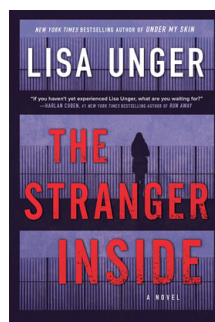
I WANT THIS!

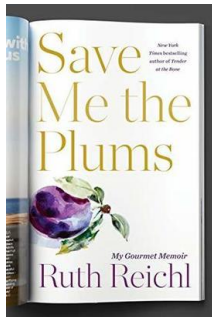
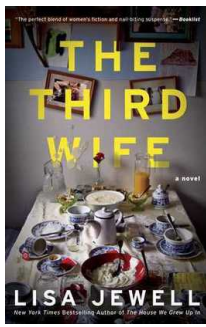
NO ONE KNOWS hit shelves with a bang—thank you to everyone who's jumped into Aubrey's story.

Also, more fun release news, **THE LAST SECOND** trade paperback will be out November 12— [Preorder yours now](#)

And Fall is the time for book deals, starting with the [first two Sam Owens books](#), and so many more. Check out the [Bargains page](#) for the rest!

▯ What I' m Reading





Click the covers to learn more!

THE STRANGER INSIDE by Lisa Unger

I'm such a fan of Lisa Unger's work, and especially of how she builds her characters. From the most innocent to the most evil, every one of them has depth that makes them come alive on the page. *THE STRANGER INSIDE* is no different—a brilliant character study of victims who've survived a terrible event in their childhood and how they've found ways to cope with the aftermath. As always, this is more than a page-turner, it is a complex psychological study and thrilling to boot. Her best yet.

THE TURN OF THE KEY by Ruth Ware

I wanted to wait to read this book until I was in Scotland proper since it takes place at a renovated smart home in the Highlands. I started reading on the plane over, and by the time I reached the Highlands myself a few days later... I was so damn freaked out I had to put it down and read nonfiction for the remainder of my stay. This is a stellar book, hand's down my favorite of her yet. Moody, atmospheric, and chilling, it's a tour de force from Ware, who has become one of my all-time favorites.

THE THIRD WIFE by Lisa Jewell

The Third Wife is my first book of Jewell's but it won't be the last. I love how she can take a story that could be banal in the hands of a lesser writer and make it suspenseful, touching, and complex all at once. I cared so much about the characters that I forgot I was reading a book and felt like I was catching up with distant friends. Super!

SAVE ME THE PLUMS by Ruth Reichl

What a lovely, fascinating book. I'm lately come to memoir, but each one I read builds on the last like layers in a cake. This slice of Reichl's life chronicles being named editor in chief of *Gourmet Magazine* to the magazine's eventual close a decade later made me laugh, and made me think. "Brand Ruth" is an excellent cautionary tale to us all, I think.

The Latest From The Blog



See my [weekly ponderings](#) and the articles and ideas I found fascinating this month.

TELL ME THE LATEST

October Recipe: Pork Tenderloin with Roasted Beets



I discovered this divine, rustic, hearty meal in Scotland, but I couldn't find any recipes online that do it justice, so I'm going to Frankenstein's monster one together for us.

BRING ON THE TENDERLOIN

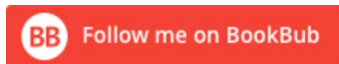
You can find all of my recipes [here](#). And if you want some wine to go with the meals, [The Wine Vixen](#) has you covered.

That's it from me! It's time for a fresh bird feeder, turn over your garden so it will lie fallow, enjoy a bonfire and some pumpkins, and I'll see you next month. Happy Halloween!

peace and hugs,

To ensure delivery of these missives, please add jtellison@jtellison.com to your address book so you always receive them.

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



Are you still here? Here's a kitten for your troubles!



Let's be friends. I don't bite!



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