

NEW YORK TIMES BESTSELLING AUTHOR
J.T. ELLISON



When stress is a good thing, and other thoughts on life and success

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Hi, Gentle Reader!



Can you believe this is the penultimate letter for 2018? This year has flown by, and it has been filled with a new term I've discovered: eustress—positive stress. According to an [article](#) I read, "It's the heightened sense of awareness that primes you to be alert, preparing you to perform at your best." Does that not fit me to a tee?

When you do what you love, in this case, writing, there's a certain perspective that comes with your stress. It's not the stress of being unhappy, nor dissatisfied. It's the stress of wanting to do well, to meet deadlines, to be a good literary citizen, as my cohost Mary Laura Philpott talks about in the wonderful thread highlighted below. It's what drives us to do well, to succeed.

I've been thinking about ambition and success a lot these days. What it means to me. Is it money? Bestseller lists? Critical acclaim? A massive social media following? Or is it deeper, more personal? Life. Love. Marriage. Friendship. Family. Art. It's all relative.

When I finished [LIE TO ME](#), I felt a level of creative satisfaction I'd rarely felt before. I knew it was a solid story, and I'd had fun writing it. [TEAR ME APART](#) is something totally different, but no less exciting in terms of creative satisfaction. [A THOUSAND DOORS](#) lets me finish a story idea I've been carrying around with me since 2007.

This emotion—creative satisfaction—feels like success to me. The letters I receive from readers, many of whom have experienced the issues I delve into in TMA, feels like success to me. Sitting down and focusing on my writing and plotting out a cool twist for a story, this feels like success to me. The older I get, the more I understand that wonderful adage – To thine own self be true. Do that, and you will feel satisfaction, and that satisfaction breeds success.

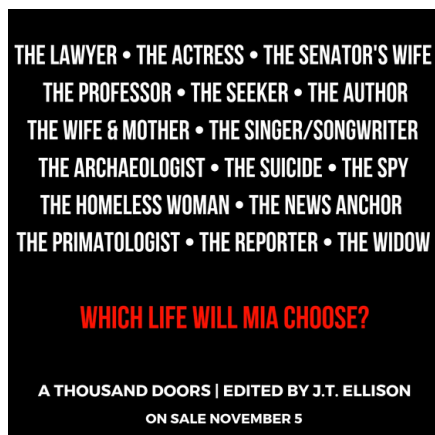
But is it, really? Honestly, there have been times in my life that simply getting out of bed defined success. When my anxiety levels were off the charts, not having to take an anti-anxiety pill to leave the house was a huge step forward. Making new friends in a strange city helped me find my way through my days. But it was finding my words again, sitting down to write the first Taylor Jackson novel, that truly saved me. I like to remind myself of this sometimes, because with all the touchstones that are common perceptions of success, I lose the forest for the trees, and it's these redefining moments that help me center. The words are what matter.

I'm heading into the quiet months of my year. My new book is due at the end of February, so I will be keeping my

head down as we move into the holidays, writing, plotting, reading, keeping my nest – and there is nothing that makes me happier. Creation. As I grow older, that's how I define success.

Now, not to boomerang on you, but there is a LOT going on this month, so let's get cracking! And yes, I might be doing a cover reveal below...

A THOUSAND DOORS



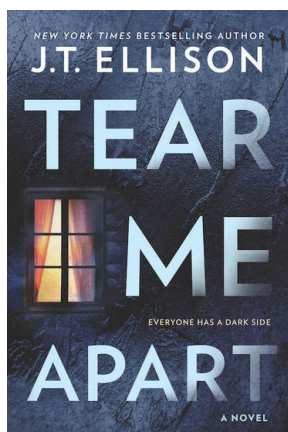
[A THOUSAND DOORS](#) is almost here...

The day Mia Jensen died, she finally got to live.

We've all played the "what if" game. For Mia Jensen, "what if" is a fact of life. Dissatisfied with her choices, she often dreams about what could have been. Now she has the chance to know. But that knowledge is going to cost her dearly. Only through death can she fully realize the value of her life.

I want to choose a life, J.T.

▣ TEAR ME APART ;



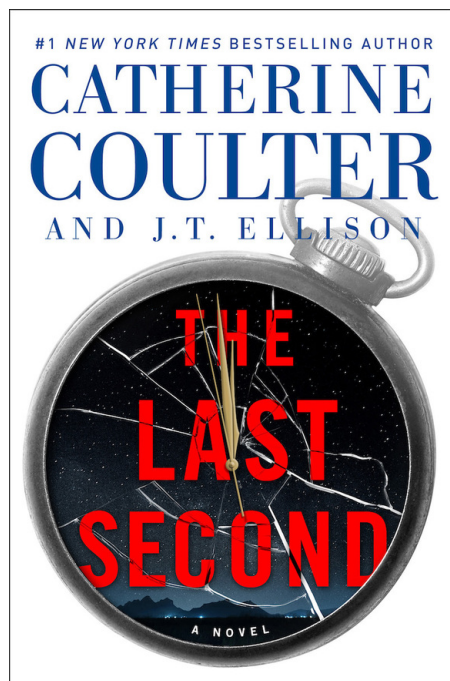
Lovely news: *Deep South Magazine* included TEAR ME APART in their **2018 Fall/Winter Reading List!** Hello Giggles included it in **10 terrifying (but tantalizing) suspense novels to read if you loved A Simple Favor.** And Kirkus named it to their **9 Most Thrilling Page-Turners list!** What an honor!

I have a couple more [events for TEAR ME APART](#)– hope to see some of you on the road!

Also, the fine folks at WriterFest Nashville are offering 20% off the tickets with the code: JTEllisonWF20. [Get your tickets!](#)

I need TEAR ME APART, J.T.!

THE LAST SECOND cover reveal!



Surprise!

Isn't she a beauty? And the story inside the covers is a doozy. Here's the synopsis for you:

From New York Times bestselling authors Catherine Coulter and J.T. Ellison comes a riveting thriller pitting special agents Nicholas Drummond and Michaela Caine against the head of a private space agency who has the power to end the world as we know it.

It's Bastille Day in France, and the private French space agency Galactus—France's answer to Space X, owned by the eccentric treasure hunter Jean-Pierre Broussard—has just sent a satellite payload into orbit. Billed as a "communications" satellite, it harbors a frightening reality: a nuclear bomb has been hidden aboard, with plans to set off an EMP--electromagnetic pulse.

In days, when the satellite is in position, Galactus's head and Broussard's second in command, Dr. Neveah Patil, will have the power to lay waste to the world with her EMP, and create her own immortality with the Holy Grail—the stones of the heavens and the very treasure Broussard has spent his life searching for.

The countdown has begun, and Special Agents Nicholas Drummond and Michaela Caine will go down to the wire to stop this heinous attack. With their signature "nonstop action with enough realism to keep you thinking and scare the daylights out of you at the same time" (Suspense Magazine), Coulter and Ellison have created a thriller to take you on a breakneck and breathtaking journey.

THE LAST SECOND will be out March 26, 2019.

Pre-order!

7 Useful Things I Learned from the Internet This Month



What Personality Tests Really Deliver. This is fascinating. I'm an INTJ and a Taurus, and I spent my teen years trying to divine the personalities of people around me using Linda Goodman's **Sun Signs**. Science, or astrology, regardless, we are all unique in our ways.

How To Read More Than One Book At A Time, According To People Who Do It

21 Hearty Soup Recipes For Fall. YUM!

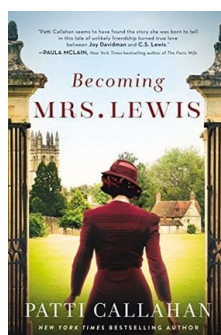
A Dublin janitor wins the Rooney Prize for Irish Literature from the university she cleans. So lovely!

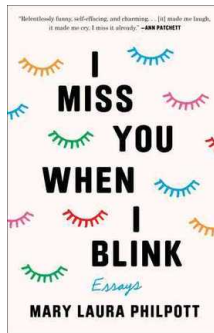
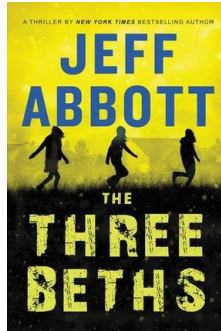
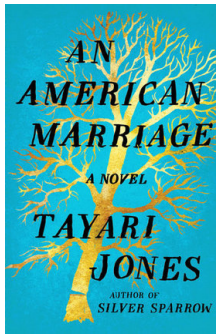
Time Management Monday: Reduce morning overwhelm. I need to try some of these myself. Then again, I could just continue to skip mornings and start my day at noon...

Mary Laura Philpott explores the concept of what it means to be a good literary citizen

How to Build Routines That Conserve Brain Power For High-Level Thinking I'm building a lot of routines this fall. I have had a rough 18 months and I'm ready for some habits.

What I'm Reading





BECOMING MRS. LEWIS by Patti Callahan

I'm so delighted to share this book with you! BECOMING MRS. LEWIS is a seminal moment for a really incredible team: my friend Patti Callahan Henry and her subject, Joy Davidman. You're going to love it!

AN AMERICAN MARRIAGE by Tayari Jones

A moving story of false accusation and imprisonment that affects a young marriage. I got to meet Tayari at Southern Festival of Books and she's just as lovely as her books.

THE THREE BETHS by Jeff Abbott

Jeff Abbott has turned his considerable skill to the domestic suspense genre and THE THREE BETHS is the epitome of what a suspense novel is supposed to be. You're going to love this!

I MISS YOU WHEN I BLINK by Mary Laura Philpott

Many of you know Mary Laura as my cohost for **A Word On Words**. This incredible essay collection will cement her alongside Elizabeth Gilbert, Dani Shapiro, and Anne Lamott, writers I turn to for help tapping into the female/writer experience.

Click each cover to learn more!

October's Recipe: Crusty French Bread



Bread. It's something I miss dreadfully having Celiac, and with my husband's soy allergy, finding bread we can both eat is nigh on impossible. So baking my own is really the only decent choice. This recipe is wonderful. Cassava flour makes it taste like actual French bread, and it's the perfect accompaniment to all your fall soup and stew nights. I also appreciate the instructions not to manhandle the dough. This is important... in this recipe, and life in general.

[I want this recipe!](#)

That's it from me. Snuggle with your honey, adopt a kitten or puppy, root for the Dodgers, and I'll see you soon for the release of A THOUSAND DOORS!


peace and hugs,



Are you still here? Here's a cuddly cat!



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