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FOR IMMEDIATE RELEASE

With Anxiety, Depression, and Suicide Skyrocketing among Teens and Young Adults, Local Author Releases Fantasy Fiction Book that Helps Youth Cope in Healthy Ways

On the occasion of her Nov 1 book release, *Passage of Time*, young adult author [JM Buckler](#) offers a series of programs on the healing power of the pen, at locations throughout Austin and in collaboration with UT Austin faculty.

Austin, TX – From the humiliation of social media bullying to the terror of mass shootings, it's not surprising that today's American youth are facing a mental health crisis. The research is alarming: According to a study published in the *Journal of Abnormal Psychology* in 2019, major depression episodes increased 63%, and serious psychological distress increased by 71%, among 18-25 year olds in roughly the past decade. Meanwhile, according to a study published in the *Journal of the American Medical Association* in 2019, there was a 47% increase of suicides among 15-19 year olds between 2000-2017; and according to a study published in the *American Journal of Public Health* in 2018, as many as 15% of boys and 30% of girls currently inflict self-harm such as cutting or burning. A root problem, suggests one of the studies, is the lack of healthy coping skills.

Intent on helping foster those skills among youth, award-winning local author JM Buckler has created a young adult fantasy fiction series that she dubs "secret self-help books," a GPS of sorts, to help youth navigate through life's hardships. Amidst gripping, suspense-filled storytelling, Buckler's central characters – themselves teens and young adults – face the gamut of real-life turbulence and trauma that pulls no punches, ranging from domestic violence and sexual assault to suicide and war. Through internal struggles that readers witness along the way, the characters cultivate a spiritual strength they did not know they had at the outset. They are flawed and complex, like most people, and they stumble and fall, even unravel in some extreme cases – making them relatable, as they model both the crushing blows that life can deal and the internal process we must go through, to ultimately triumph over circumstance.

Buckler's upcoming events include a *Passage of Time* book launch party on Nov 2 at 4:00 pm, at Balcones Books, located at 5430, 3313 Hancock Dr, in Austin; a "Rewrite Your Story" workshop in collaboration with UT Austin professor James Pennebaker PhD, author of *Opening Up by Writing It Down*, on Nov 6 at 5:00 pm, at North Village Library, located at 2505 Steck Ave, in Austin; a "Writing as a Tool for Healing from Sexual Assault" workshop on Nov 10 at 4:00 pm, at Book Woman, located at 501 N Lamar Blvd, in Austin; a "Transformative Power of Storytelling" workshop on Nov 16 at 2:00 pm, at Milwood Library, located at 12500 Amherst Dr, in Austin; and an author meet-and-greet on Nov 23 at 4:00 pm, at The Arboretum Barnes & Noble, located at 10000 Research Blvd #158, in Austin.

Sample Endorsements

“Through the character of a relatable teenage girl – who chooses to respond to a traumatic upheaval with courage, honesty, and compassion – author JM Buckler, like TS Eliot and JK Rowling, has created a fantasy world that inspires us to rethink reality: Are we truly victims of circumstance, in need of rescue? Or by taking a leap of faith and daring to reimagine what is possible, can we perhaps create another world entirely?...Not just a thrilling escape but also a spiritual blueprint for living.” – *Suna Senman, LMSW Life Transformation Facilitator*

“A wonderful fantasy novel with vivid descriptions and compelling characters. I was gripped by the story – magic, suspense, and an intriguing world. A reading adventure!” - *Christa Santangelo Ph.D., Assistant Clinical Professor at UCSF School of Medicine, author of A New Theory of Teenagers*

Click here [for additional endorsements](#).

About JM Buckler

JM Buckler has been featured in top media including ABC, NBC, and Fox. She is the award-winning author of *Seeker of Time*, *Stillness of Time*, and *Passage of Time*, young adult fantasy-fiction books which have received praise from the likes of Kirkus Reviews and which have been best-selling young adult books on Amazon. Game-changers in the young adult marketplace, Buckler’s novels combine electric storytelling with deep spiritual lessons and meaningful takeaway on how to cope with life’s hardships – addressing everything from betrayal and heartbreak, to violence and death.

Buckler offers writing-based programs to diverse audiences – teaching how to use the power of the pen to reshape and reclaim one’s life, as Buckler did when she began her own writing journey: After years of drifting through life, feeling insecure and lacking a sense of meaning or purpose – always trying to be the image and fill role that others held out for her – Buckler took a leap of faith and walked out on the person she was supposed to be, instead diving into the world of her imaginary characters. Through developing their lives, Buckler discovered that she cultivated her own – ultimately finding her calling and passion, transforming her reality, and emerging a grounded and confident young woman. (See her [personal story here](#).)

Now that she has finished the third book in her series, Buckler has turned her attention to publishing articles on the power of writing as a form of medicine – interviewing leaders in the fields of medicine, science, and academia. She currently has articles in the works at *First for Women* and *Woman’s World* magazines, which collectively reach 10 million readers.

Buckler lives in Austin, TX, with her husband, six-year-old son, and Havanese dog. For more information about JM Buckler, please contact press@jmbuckler.com or +1-512-270-9545.