



# **MEDIA KIT**

## one moment of a single day: essays

- Press release
- Author bios and headshots
- Book cover tile, book sell sheet, interview talking points



## FOR IMMEDIATE RELEASE

### Media Contact:

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## New Book: one moment of a single day: essays

DES MOINES, IA (January 8, 2019) ~ Midwestern natives Tracey L. Kelley and Lynne A. Kasey use various people and places to inspire their artistic endeavors. Publisher *humanity* is proud to represent their first creative collaboration, *one moment of a single day: essays*, releasing nationally January 8, 2019.

Kelley's essays transform everyday interactions into remarkable encounters, offering honest reflection and personal struggles on topics ranging from gun control and immigration to religion and family relations. Combined with Kasey's stunning photography, which balances a passion for discovered beauty with the patience required to capture birds in flight, this collection provides readers with unique insight about how to mindfully listen; and real-world examples of how to better engage their respective communities one important moment at a time.

The essays explore societal questions: What does it mean to cultivate intimacy in everyday conversation? When does our shared humanity help us overcome conflict? How do we assign value to a person or situation in one moment, long after the opportunity has passed? Kelley and Kasey provide space for introspection, and raise awareness about how the interplay of connection and vulnerability expands our capacity to mindfully engage with the world around us.

"When we listen to each other, we hear similar stories—stories that bind us, lift us up," Kelley writes in one of the collection's essays, "Dave". "I wonder. When life happens, will I possess an inherent need to share, to exchange a common humanity, to draw strength from a kind word or the touch of another? These unexpected gifts, little by little, give me faith that we're not alone. In these moments, our priorities are clear."

Each chapter's end allows a reader to pause, using Kasey's provocative imagery to delve deeper into a feeling, memory, or consideration motivated by Kelley's insightful attention to consciousness. *one moment of a single day: essays* also has an interactive component for workshops and reading groups, furthering the intent of soulful discussion and introspection displayed in the book.

Kelley, a Michigan native who lives in Iowa; and Kasey, a native and current resident of Michigan; will travel throughout the Midwest in 2019 sharing stories and encouraging others' creative pursuits at various events and workshops.

Please see attached media kit for author bios and headshots, book cover tile, and additional information.

***humanity***: the act of being human and, in this case, exploring that humanity through creative expression. Our goal is to work with people who use their art as a means to demonstrate our connection with others. To start important conversations. To recognize and celebrate the beautiful power and frailties within every person. To use mindfulness not as a buzzword, but a constant practice of awareness that reveals possibilities of self, creativity, opportunities, and more.

[myhumanity.com](http://myhumanity.com)

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**NEW BOOK:** *one moment of a single day: essays*

**Media Contact:**

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**Author bios and headshots**

(available for download from [myhumanivity.com](http://myhumanivity.com))

**Tracey L. Kelley** shares stories, teaches yoga, and helps people listen. Her award-winning writing appears in a variety of forms, including essay, short story, online, magazine, broadcast, and podcast. She's a developmental editor for other people's projects, and also facilitates interpersonal communication workshops. Learn more at [traceylkelley.com](http://traceylkelley.com).



**Lynne A. Kasey** has captured the world around her since she first received a 35mm camera at 19. She specializes in transfer techniques to incorporate her imagery through numerous mediums. Lynne's photography can be found at various galleries throughout the Midwest and in *Shutterbug* magazine. View more at [lynnekasey.com](http://lynnekasey.com).



## one moment of a single day: essays



### **Sell sheet:**

-*one moment of a single day: essays* by Tracey L. Kelley and Lynne A. Kasey

-Non-fiction, essays, art, photography, social commentary

-ISBN: 978-1-7328047-0-8

-Publication date: January 8, 2019

-Limited edition hardcover, cloth-bound with glossy dust jacket | \$35.00 | 170 pp

-U.S. release through publisher's website: [myhumanivity.com](http://myhumanivity.com)

-Interview talking points:

Hard topics: immigration, gun control, family dynamics, homelessness, secrets

Soft topics: female-led art, Midwestern artists, mindful listening, communication, mixed-media collaboration, creative inspiration from other mediums, creative pursuits after 50