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Author Blames Runner's High for the Rapid Success of her Debut Novel

Chicago, IL [October 11, 2016]—Manhattan House Publishing & Media proudly announces the recent publication of *The Limbo Tree*, a young adult novel by author T.N. Suarez, as a jacketed hardcover, paperback, eBook, and audiobook.

What if you could literally run your way to toward creativity and success? Author T.N. Suarez did. She credits her Nike running shoes, an open road, and good music, for conjuring up fully hatched plot twists during her 30-minute daily run.

There are multiple benefits of cardiovascular exercise. It protects us from high blood pressure, heart disease, stroke, certain types of diabetes, and improve our moods. But what if exercise was the express lane to unlocking your creativity, and ultimately, success? "That was absolutely the case for me," Suarez says. "During morning runs, ideas began flashing in my mind like snapshots. I couldn't wait to get back to my laptop and get to work, encouraging me to finish my run, and beat yesterday's time."

Mental blocks are every writer's worst nightmare, yet they inevitably pop up throughout the writing process. Many successful writers have relied on physical exercise to overcome these issues, including authors like Henry James, Thomas Mann, and Soren Kierkegaard.

But is there any truth to Suarez's claim? Perhaps.

In Suarez's case, the physical stimulation helped her to surpass her own mental blocks while creating the mind-bending tale, *The Limbo Tree*. "You know, it's funny," Suarez explains, "as my mental blockages cleared, and the ideas began to flow, my unreliable protagonist, Samantha's worsened, struggling with her own unrest. She was stuck in limbo, between her perceived reality and the truth. I believe overcoming my own writing obstacles, by achieving a runner's high, made Sam's story all the more thought provoking, and my day-to-day writing experience beyond motivational."

Maybe Suarez is on to something. Publicized research completed by Wendy Suzuki, neuroscientist at New York University (NYU)'s Center for Neural Science, validates Suarez's opinion. The hippocampus, a brain structure critical for long-term memory, is stimulated during exercise, actually creating new brain

cells. The neuroscientist's research shows that this neurogenesis heightens the brain's proficiency for memory recall and the ability to visualize prospective scenarios, which is a major component of the creative thinking process.

Suarez firmly agrees with this scientific data in support of exercise encouraging creativity. "I'll definitely be purchasing a new pair of Nike's in preparation for my next project, that's for sure," she concludes.

ABOUT THE AUTHOR—Chicago-born author Tania Nicole Suarez, best known as T.N. Suarez, began her writing career while working as an art director for an advertising agency. She holds a Bachelor of Arts degree in Graphic Design and is an internationally published photographer.

Please visit www.taniansuarez.com/press-kit/ for contact details, photos, and author's bio. T.N. Suarez's new release, *The Limbo Tree*, will be available on Amazon and other book retailers in hardcover, paperback, eBook, and audiobook on October 10, 2016. Review copies and interviews upon request.

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