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SHE MUST FIGHT HER DEMONS OR DIE TRYING

# AVICI SAGGA

SAGGA PUBLISHING HOUSE LLC

MARY ROMASANTA

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## ASK THE AUTHOR



***The meaning behind the book's title:*** The title, Avīci Sagga, draws its inspiration from the realms of Hindu mythology. Avici represents a place of profound suffering while Sagga symbolizes a realm of utmost bliss representative of dualisms found throughout the narrative.

***How people will relate:*** In the novel, the protagonist suffers from nightmares related to people she dated in the past. I think readers will relate to her experiences and find answers to questions they didn't know they had about their dreams and relationships--past and present.

***Favorite part about writing:*** The research was my favorite part about writing the novel. I found myself diving deep into neurology and psychology topics and learned there is a lot of overlap. I was especially interested to learn how memories are created and stored and role they play in dreams.

***Why she started it:*** I've been passionate about writing and story-telling ever since I can remember, but when I graduated from college, it didn't pay the bills. I was fortunate to land a well-paying job in IT, but I found myself seeking joy and purpose. For me, writing this novel was it.

***How she finished it:*** I am often asked how I could possibly manage writing a novel with three young kids while working a full-time. But the truth is, my kids and job weren't keeping me from writing a novel--I was. I had to give myself permission to do it.

***The takeaway:*** Women are strong, and resilient, and that it is more than OK when we experience set-backs because ultimately, set-backs are fodder for greatness.

"After a twenty year career in technology, it became my identity. I had to release my grip on it to realize my current existence didn't define me."

— Mary Romasanta

## ABOUT THE AUTHOR



Mary Romasanta, a writer, and technologist, embarked on a remarkable journey to transform her lifelong passion for writing into a reality after twenty years in her corporate IT career. She coupled that passion with a purpose to shatter self-limiting beliefs that often comes with motherhood by writing her debut novel, while managing a demanding career and raising three young boys.

The daughter of a pastor and florist, Mary was raised in San Antonio, Texas. Having lived just across the street from the largest cemetery in the city, she developed a fascination with spirituality, and the supernatural. These themes eventually formed the backdrop for her debut-novel, *Avīci Sagga*.

Pushing past the boundaries of conventional genres, she fearlessly delves into a unique blend of psychological thriller, science fiction, horror, and spirituality. Through her captivating storytelling, she seeks to give voice to the marginalized and underrepresented, weaving their stories into mesmerizing fiction that drives cultural awareness and understanding. *Avīci Sagga* launches February 29, 2024 and is available for pre-order now on hardcover, paperback, or eBook wherever books are sold. Kindle and audiobook is also available through Amazon and Audible.

Romasanta's second novel, *The Eternal Secret*, will be out this fall.



"My journey to publishing my first novel has taught me that when you fuel your dreams with passion, purpose, hard work, and faith the stars will eventually align."

-Mary Romasanta



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## ABOUT THE BOOK



Twenty-nine-year-old Emma is an intelligent, strong-willed, and ambitious PR exec, has always relied solely on herself. But **when her recurring nightmares start taking a toll on her health, she turns to renowned University of Chicago psychiatrist and oneirologist, Dr. Edward Clark** for help.

Dr. Clark learns that Emma's **nightmares all revolve around her past love interests**, a theme not uncommon among his patients. But, as they delve deeper, they discover a disturbing truth—**Emma is losing touch with reality. The traumas from her nightmares are bleeding into her waking life**, leaving her trapped in a waking nightmare.

In a race against time, Emma and Dr. Clark uncover the **dark secrets buried deep within her psyche**. As they unearth violence, control, and manipulation from her past, they realize that **her diagnosis is more horrifying than they ever imagined**. They must fight for Emma's life or risk succumbing to the relentless grip of unspeakable evil.

Avici Saga is a suspenseful thriller that will keep you on the edge of your seat. With each page, you'll be drawn deeper into Emma's psychological maze, desperate to uncover the truth behind her haunting nightmares. Prepare yourself for **a heart-pounding journey into the depths of darkness**.

ALSO BY MARY ROMASANTA



## COMING THIS FALL

Dr. Prasad Vedurmudi, a genius neurologist at the prestigious University of Chicago, made a mind-bending discovery during his research on Near-Death Experiences. **Brace yourself for a revelation that could shatter everything we know about the afterlife.** A specific region of the brain acts as a gateway, transporting the departed to the next dimension. But there's more—a tantalizing possibility nobody has ever explored... until now. Prasad believes that if he repairs that crucial part of the brain before death, **he could unlock a profound secret—the key to controlling the afterlife experience itself.** The implications are staggering.

He solicits the help of his colleague, renowned psychiatrist Edward Clark. With every fiber of their being, they are determined to provide a service to humanity that surpasses all that came before. Endowed with unparalleled expertise and passion, they venture into uncharted territory, driven by an insatiable thirst for irrefutable evidence. But their pursuit comes with a price. **As they delve deeper into the mysteries surrounding life and death, they encounter forces eager to silence their breakthrough.**

In this gripping tale of courage and scientific brinkmanship, **The Eternal Secret takes you on a rollercoaster ride through a twilight realm where the line between life and the afterlife blurs.** Mary Romasanta weaves a suspenseful narrative that will leave you questioning the very fabric of existence. Prepare to be astounded, captivated, and haunted by the mesmerizing secrets concealed within the human mind. You stand on the

# SAGGA PUBLISHING *House*

## PRESS RELEASE

### AWARD-WINNING FILM MAKER AND DEBUT NOVELEST TEAM UP TO PUSH BOUNDARIES AND CHANGE NARRATIVES

California-transplant, award-winning producer, director, and writer Lisa France didn't exactly predict she would ever be working with Mary Romasanta, a Texas native, technologist, and the debut author of *Avīci Sagga*, an addictive psychological thriller. But amid the five-month 2023 SAG-AFTRA strike, France pivoted from film and television production into the world of audiobook production and voice narration. The unlikely powerhouse is showing just what it means to embark on new adventures and transform limits into launching pads.

"I turned the [SAG-AFTRA] strike into an opportunity. It has been a lesson of resilience, a lesson of being scrappy, and an affirmation that my creative talent knows no boundaries," France said.

Meanwhile, Mary Romasanta was on a mission to push boundaries of her own.

"After twenty years of working in IT, I reignited my passion for writing and made the decision to write *Avīci Sagga*. I also made it my purpose to shatter the self-limiting beliefs that often come with motherhood and wrote the novel while raising three young boys and managing a demanding job," Romasanta said.

"This is our version of breaking the rules and destroying the concept of 'you can't,'" says France. "We are resilient. We can do anything."

*Avīci Sagga* launches on February 29, 2024 and is available for preorder on eBook, paperback, and audiobook, wherever books are sold.

#### FOR IMMEDIATE RELEASE

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## Five stars



Mary Romasanta's fictional story caught my attention from page one. I was hooked by the uncertainty of the situation and how distinct it reads from other stories, with themes and subject matter not frequently seen in other novels. This reader discovered multiple aspects of the story that drew interest. Specifically, a connection to the fields of mental health and religion, and the education on the correlation between sleep and the human brain was intriguing.

### -Reader Views

## Dark and addictive

The novel stands apart from other works of fiction with its bold exploration of mental illness and spirituality, captivating readers with its intriguing and unconventional plot. The complex interplay between sleep and the human mind adds a fascinating layer to the narrative, piquing readers' curiosity and drawing them further into the story. This twisty psychological thriller makes for a page-turner.

### -The Prairie Book Review

## A compelling exploration of the depths of the human psyche

A compelling exploration of trauma, manipulation, and the harrowing depths of the human psyche. Romasanta's vivid and haunting narrative thrusts readers into Emma's desperate struggle, evoking emotions that echo the protagonist's own turmoil. Prepare for an enthralling journey through the maze of the mind, where reality blurs, and the haunting echoes of the past demand resolution.

### -Ultimate World Books