

FOR IMMEDIATE RELEASE:

Visit www.linahollowaybooks.com/press-kit.php for contact details, review copies, photos, and an author bio.

DEBUT NOVEL BY LINA HOLLOWAY SHEDS LIGHT ON THE TRAGIC NATURE OF DEPRESSION AND DEALING WITH LOSS

- Houston
- Texas
- [Date]

New author, Lina Holloway, has released her debut novel, *I Know This of Myself* on November 1, 2015. She has been working towards publication since graduating from Baylor University in 2006 with a degree in History and Political Science.

Holloway's book focuses on the affects depression has on the person fighting depression and the loved one's surrounding that person. This debut novel is expected to have a follow up released in 2016 to further explore the depths reached in the mind of someone suffering from depression. In *I Know This of Myself*, there is light found in the darkness. It shows that suffering doesn't always last forever and with a strong support system and the will to overcome tragedy, you can find happiness again.

Holloway takes you into the mind of Nia, whose life has taken turns she could have never prepared for. Six months into a complete breakdown she is starting to heal and find her way in the new reality that is her life. A reality that no longer includes the love of her life, Ian. She has a devoted support system that includes her sister, Noie, and a group of friends she has had since college. They work together to reach Nia, in their own ways, and help pull her from the darkness.

I Know This of Myself is available on Amazon. For more information, contact media@linahollowaybooks.com or visit our website at www.linahollowaybooks.com

Holloway is available for interviews and appearances. For booking media appearances, interviews, and/or book signings, contact booking@linahollowaybooks.com