

HOWELL CANYON PRESS



S A N # 2 5 5 - 3 0 1 5

Dear Interviewer:

Meet Trisha (Adelena) Howell, a versatile author who has written and published newspaper, magazine, and anthology articles and poems as well as full-length books in subjects ranging from movies, acting, and filmmaking to travel, human interest, domestic animals, and alternative health care. In the past year alone she's published five books she's written on dogs, humor, poetry, children's adventure, and self-help/personal growth. She has also written juvenile fantasy adventures, animal chapter books, and historical and contemporary romance novels.

Ms. Howell is a lively and interesting interview subject, as you will see in the three enclosed sample interviews, which deal with writing, the importance of the human/domestic animal relationship, and a profound technique for personal development known as journeying. Ms. Howell is a frequent guest at schools, libraries, bookstores, gift shops, clubs, and other organizations where she gives presentations (see enclosed) on "Children & Pets: The Irresistible Combo!," "The Secrets of Creating Your Own Book," and "The Secrets of Successfully Publishing Your Own Book."

Ms. Howell has written sixteen books in the past four years (publishing five in one year alone) using the techniques revealed in *The Journeying Workbook: Adventuring to Unleash Your Inner Power*. She is a lifelong student of all paths to deepening wisdom and optimizing well-being. Ms. Howell has extensively studied yoga, meditation, energy healing (especially Reiki), massage, herbalism, shamanic journeying, Tensegrity, and a variety of spiritual and religious traditions.

Ms. Howell was born and raised in Alaska, where she developed a deep love of forests, meadows, mountains, lakes, and rivers. She currently lives on forty acres of woods in Snohomish, Washington with her husband Dean, sons Derek and Brandon, and canine companions Addie, Rocky, Alex, and Hanna. Trisha has a BA in Philosophy from the University of Washington (Seattle), MAs in Philosophy and Humanities from Stanford University, and an MA in Critical Film Studies and Screenwriting from the University of Southern California. She has taught at Montessori schools, Stanford University, and the University of Southern California. Her lifelong love of children, children's literature, animals, poetry, nature, humor, imagination, healing, and spirituality are expressed in her books. She can be reached at (888) 252-0411 or at info@HowellCanyonPress.com

Please note the enclosed list of suggested discussion and interview topics for Ms. Howell. Thank you very much for your interest!