

New Australian Author Book Release

A life with *uncertainty*

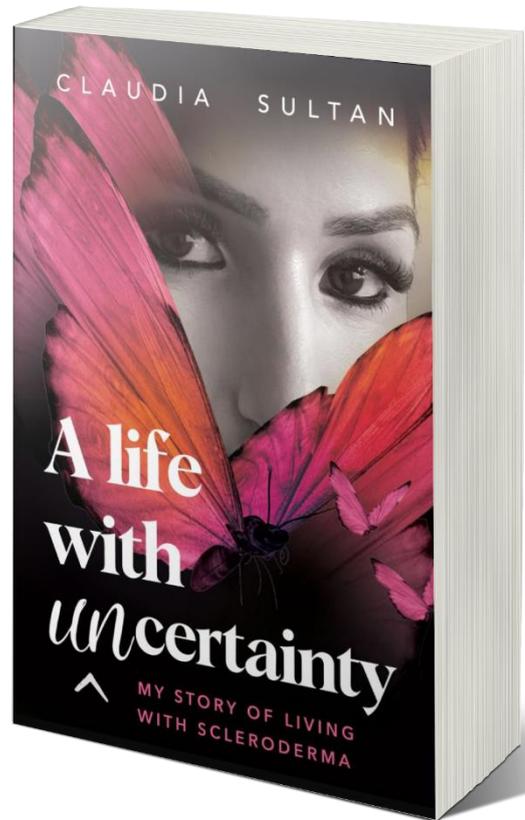
CLAUDIA SULTAN

This is the inspiring true story of a young confident Australian born Lebanese woman of Islamic faith suffering from a rare autoimmune disease...

Claudia Sultan shares her life of uncertainty; from her young life of dealing with her loud but lovable—and gossipy—extended family, to thinking about love and dealing with her family’s concept of her marriage...

Up to the moment her life suddenly crumbled with battling Scleroderma, an auto-immune group of rare diseases that involve the hardening and tightening of the skin and connective tissues, and a lifelong affliction of pain and ongoing treatment.

Divided into three stages of her journey; before, during and presently living with Scleroderma, we experience through Claudia’s words the struggle for her survival becoming real and the faith she deepens for her guidance.



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Author Location: Balgownie

About the Author: **CLAUDIA SULTAN**



“An emotional journey of life, love and faith that made me smile, weep and exclaim all in the same moment...a treasure of humanness and humility from a woman who is stronger than many of us combined to endure...loved this book...” **Bethany, Indiebook reviewer**

Claudia Sultan was born and raised in NSW Australia. She obtains a bachelor degree in Science, majoring in Psychology. In 2013 she was diagnosed with an autoimmune disease called Scleroderma which hijacked her life and robbed her of many opportunities. After undergoing a Stem Cell Transplant, she has regained her quality of life and independence back. She enjoys spending quality time with family and friends, walks on the beach, obsession with shopping, baking (still finding her way around the kitchen), dancing, pizza, creative writing, movies and listening to 80's music. For now she continues being the better version of herself by creating new memories and appreciating the littlest things of life.

Thank you for supporting a new author from the local community of Balgownie. If you require any further communication or information, please contact us directly to organise and confirm as requested and within reasonable timing to help you meet your goals also.

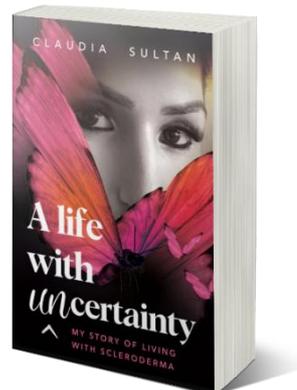
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A Conversation with Claudia

Why did you write this book?

I am no professional writer, but I owed it to myself to share my personal journey of self-empowerment. This was my chance to express myself – my thoughts, feelings, and emotions with the world. I've always enjoyed a good read, but I didn't think I had it in me to write and publish a book. Writing a book about my life brought back a lot of memories, good and bad, and being able to put these feelings and painful thoughts on paper was tough but I did it. At first, I found the whole task quite challenging and very daunting, but the more I wrote the easier it became, because I was constantly reminding myself that I had an important message to share with others. My story conveys messages of survival, loss of identity, mental health, faith and acceptance. Acknowledging my pain and suffering lead me to my path of self-discovery to find happiness and comfort in my current state.

What inspired you to write this book?

I want to inspire and encourage others that sometimes to cure something is to heal something instead – find your voice share your story, our experiences are all unique and sharing your story can help others feel they are not alone in their journey. Don't be ashamed of your story, it's okay to cry and scream but not okay to give up when life gets tough. Your story will empower others to release their anger, sadness, grief and find grace along the way. Stop wishing to be someone else and love yourself, your flaws and imperfections. Embrace all experiences good or bad, find acceptance in your struggles and live in the moment.

Who inspires you?

My mother inspires me the most, she is a beautiful soul and definitely the most important person in my life including my dad. My mother is my protector and guardian angel, she has helped me overcome many obstacles in my life and continues to do so. She has given me so much in life that she missed out on. I love her dearly and I will always be there for her. She is my favourite person in this world, hearing her voice eases me and I don't know where I would be without her.

What do you think makes a good story?

A good story is made up of a great theme – something interesting and important, that is able to inspire the readers and reach their emotions.

Do you like to create books for adults/kids/cause? Why?

Yes, absolutely because I can. Anyone can be a writer but committing to a project requires discipline. I also think it's a creative way to share a message and it helps you gain perspective of what really matters to you. I actually enjoy writing, it's exciting. By doing so, I gained so much knowledge, you'll be surprised by how much you learn while researching and writing a book – it's also great way to educate oneself.

What do you like to do when you're not writing?

Spending quality time with my family and friends, dancing, reading crime and mystery novels and travelling whenever I can.

How did you decide on the characters in your book?

The characters in my book are people who have played a big role in my life and contributed to my success and personal growth.

What research did you do to support the facts within your title?

I broadened my research – focussing on all types of autoimmune diseases and cancer itself. Reading real life stories, watching documentaries. I joined a few chat groups and asked questions. I also explored research articles.

What interesting experiences did you have while researching for your book, or while writing or publishing your book?

Reading and listening to other people's personal experiences has helped me to reflect back on my own and remind me of events I have unknowingly blocked out.

For whom did you write this book and why?

I wrote this book so people could understand the ins and outs of the disease and are prepared for the unexpected. It is a source of information, a guide for understanding the manifestations of Scleroderma through reading real experiences. Also for family and friends – it's important to understand that each Scleroderma case is different. Your love one needs all the love and support they can get, comfort one another, seek counselling and connect with support groups and share your stories.

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