

New Australian Author Book Release

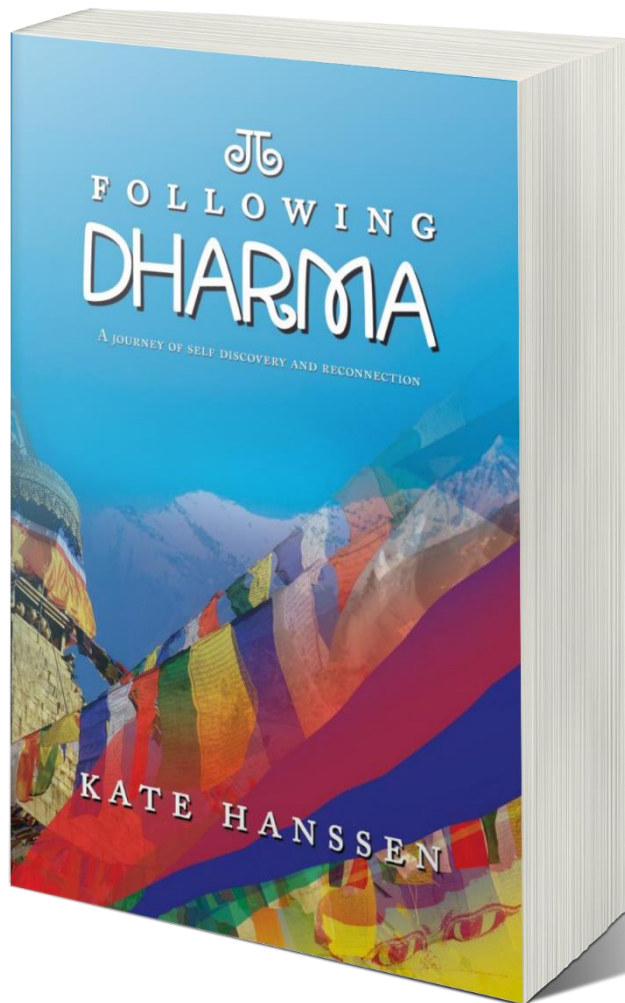
JB  
FOLLOWING  
DHARMA  
KATE HANSSEN

*An inspiring tale centred  
around one woman's journey in  
Nepal and her survival of a  
devastating earthquake...*

For all those who didn't give up  
the good fight.....Kate sees you.

The journey of spirit and  
wisdom is found in an aspiring  
story of a woman who created a  
life from her own belief and  
strength. Where her fate and  
passion for a country that  
became more to her than home,  
it was her community.

Share Kate's new world of Nepal  
as drawn out in glorious detail  
before you through Kate's  
delicate eye...and perhaps find  
your own inner purpose along  
the way.



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RRP: \$24.95

ISBN: 9781922594389

Genre: Non-Fiction, Self-Help

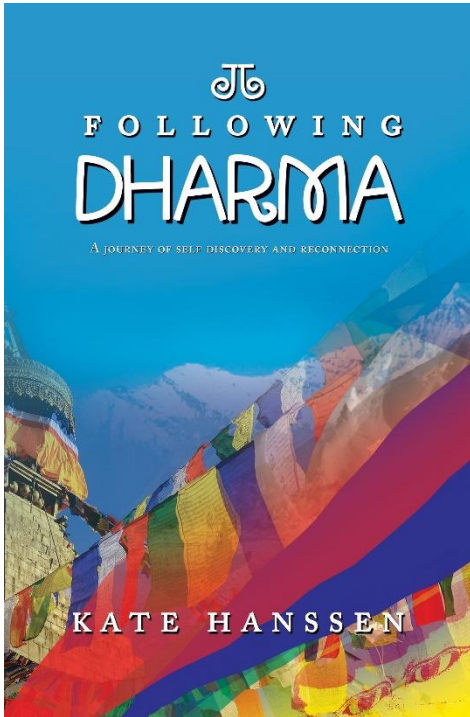
Format: Paperback

Audience: General

Location: Wonthaggi

## About the Author:

Kate Hanssen



In 2013, Kate visited Nepal for the first time, her cousin suggested she go. She'd never even thought of it as a place to visit before. With no idea of the rich culture and depth in this place, despite years of interest in Spiritual growth and learning. Yet on this occasion, Nepal truly spoke to her heart, and she grieved this magical place upon leaving it; vowing to return.

Two years later, in 2015, once again she found herself back in Nepal. It drew her back like a calling of the soul. But this time, nothing could have prepared Kate for what was to happen.

The Earthquake happened while she was in Kathmandu.

Thank you for supporting a new author from the local community of Wonthaggi. 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 Kate

## **What was an early experience where you learned that language had power?**

*Some part of me has always known that words hold power. Words have an energy that is contributed to over eons of time by the people that use the words. Languages and cultures fascinate me for this reason. The way language has developed all over the world simultaneously yet vastly different in some areas and very similar in others. It is actually an area I would love to be able to spend more time exploring.*

## **When did you first realize you wanted to write?**

*When social media became a thing... I just loved sharing on there. I loved blogging in Nepal and also as a kid I loved holding a pen on paper and the way it felt to write a story from your own creation.*

## **Why did you write 'Following Dharma'? What were your inspirations?**

*The experience for me was so profound at the time I just had to share it. I was going to burst if I did not share, it was almost a compulsion. It was non-negotiable. I felt a bit like what I imagine Elizabeth Gilbert felt when writing 'Eat Pray Love'. I was going through so much transformation on so many levels that I needed it for me to reflect on too. I wanted my kids to understand my journey, so that one day maybe they will understand themselves better too.*

## **What is the first book that made you cry?**

*My Grandparent's story, that my grandpa (opa) shared with me when I was about 16. He taped in an audio format too, which made it extra emotional after he passed listening to him speak it. An amazing story that I would love to write one day.*

## **What are common traps for aspiring writers?**

*Let the words fall onto the page, even speak them into a recorder anytime they pop into your head... the tiniest little word, thought or sentence can sometimes become a whole chapter. Do not judge the words... SIMPLY write!!! Do not focus on getting things coherent whilst writing, do that later in editing. The writing phase is just getting it down. Too many people start judging and editing whilst in the midst of the creative process, this will hinder inspiration.*

## **Did you ever consider writing under a pseudonym? What and Why?**

*I did briefly, to protect the privacy of my husband and family. However, I decided it would be more authentic to share my story as me.*

## **Do you try to be original or to deliver to readers what they want?**

*Being that I wrote my memoir per say, I wanted it to be entertaining and interesting without exaggerating. I hope it is at least entertaining.*

## **What period of your life do you find you write about most often?**

*I tend to write about people's lives. Rather than fiction novels, I like real stories that are relatable and teach me something about myself or encourage me to look at beliefs that may be holding me back.*

## **What other authors are you friends with, and how do they help you become a better writer?**

*Scott Alexander King was a friend before he moved on to NSW, we caught up a few times, I considered getting his company to publish my book. I am an avid follower of Paulo Coelho. My favourite all time author. I just adore his pilgrimage stories.*

## **How long do you spend researching before beginning a book?**

*I usually write first and leave spots to go back and add to the story with research. I find it works best for me that way. Or alternately in the moment as I am writing.*

## **Do you want each book to stand on its own, or are you trying to build a body of work with connections between each book?**

*At the moment I am working on another 'Following Dharma' book, it will be focusing on the lessons in my book as a workbook for people to actually apply in their own lives. A guide/self-help type book.*

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