

New Australian Author Book Release

# TRADING CIGARETTES FOR SEROTONIN

JAIDYN DALGLEISH

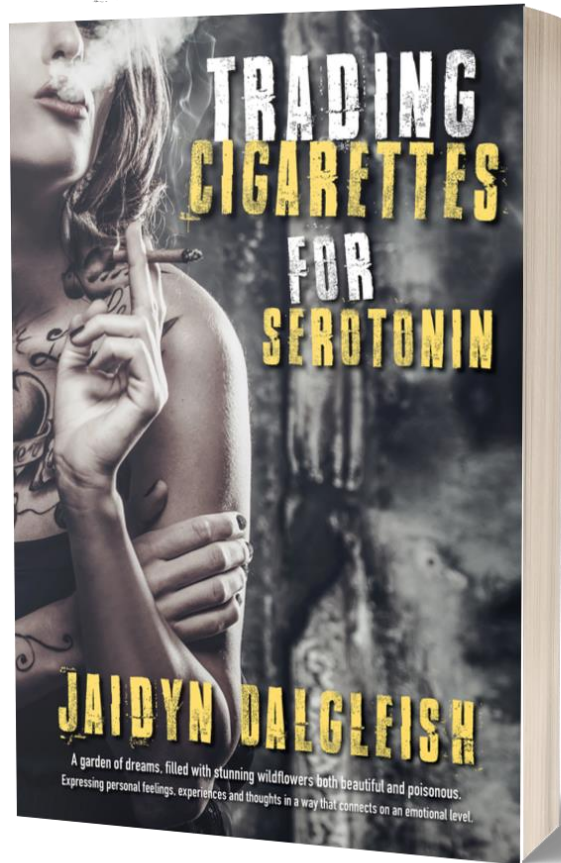
WRITTEN DURING EMOTIONAL EXPLORATION OF DIFFICULT SITUATIONS IN LIFE AND PUTTING WORDS TO MOODS THAT DEFINED THESE MOMENTS OF LIVING...THIS IS POETRY.

'Trading Cigarettes For Serotonin' contains 5 sections; Part 1: Norepinephrine, Part 2: Dopamine, Part 3: Oxytocin, Part 4: Endorphins and Part 5: Serotonin. All of the content has come from feelings and thoughts during key episodes and periods in my life, which I have divided into pieces of this life that it relates to.

I thought this concept was an honest and perfect way to elaborate and help the readers really feel like they are walking with me on this journey.

Using each second and moment as an inspiration to write poetry, turning my life into a work of art and knowing as I survived, it was my poetry that saved me. I wrote this, to save another in return as I am not alone in these feelings, only it often feels I am.

*A haunting trip into the subconscious. This book is a garden of dreams full of stunning wildflowers that are beautiful, yet at the same time, very poisonous.*



Visit [shawlinepublishing.com.au](http://shawlinepublishing.com.au) for more details on the author, Jaidyn Dalglish.

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# A Conversation with Jaidyn

## **Why did you write ‘Trading Cigarettes for Serotonin’? What were your inspirations?**

*Every time I read something that resonates with me, it’s still so magical to me to this day. I wrote ‘Trading Cigarettes for Serotonin’ for those who are misunderstood, not only by others, but also misunderstood by themselves.*

*I wrote it for the ones who can only ever seem to gather the words ‘it’s hard to explain’ although they are begging for someone to listen to them. I wrote it for the ones who wanted to be nothing at all when they grew up, because people made them feel being nothing was what they were best at. I wrote this for the ones who think they don’t belong or have been made to feel like they don’t. And most importantly, I wrote this for the people like me; victims of bullying, eating disorders, self-harm, suicide, heartbreak, pain, abuse, depression, love, loss, anxiety, and trauma.*

*Through my experiences I am lucky enough to be able to convert my emotions to paper, and because of that, I can do for others, what poetry does for me.*

*To let them know they are not alone, to give them something they can relate to, to help them find the right words to say when they can’t find them.*

## **How long does it take you to write a book?**

*This is my first book I have written, some of the content for this had been taken from journals I had written in and kept for over ten years. I renovated and worked on my journals as I became a better writer with age and as I have recognised my purpose. Doing this took me roughly 10-11 months.*

## **Does writing energise or exhaust you?**

*It doesn’t energise me nor exhaust me, it comforts me. Writing has always been a part of me for as long as I can remember. I can honestly say I would not know who or where I would be without it.*

## **As a writer, what would you choose as your spirit animal?**

*A bat. It is said that when a bat appears in your life, it signifies an omen of change. Therefore, the bat to me implies progress. The progress may appear to be startling from the outset. I always manage to relinquish my old propensities and thought patterns that don’t serve my higher calling as it will impede my development, and like the nocturnal bat, I tend to write best during the night.*

*Bats are images of blind communication. They have the ability to communicate and create bonds without vision. They are profoundly verbal; they feel with their sense of touch and instincts. Bats have extraordinary discerning abilities, consistently show reality in dreams, and represent resurrection as they spread their wings at sunset from the belly of Mother Earth.*

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

*Watching videos of John Lennon performing on stage for the freedom of John Sinclair, who was imprisoned for 2 and a half years for possession of two marijuana joints. Three days later John Sinclair was a free man. John Lennon’s words moved millions and directed so many towards world peace through music.*

## **What literary pilgrimages have you gone on?**

*Père Lachaise Cemetery in France where some of the greatest poets are buried. Paying my respects and visiting the tomb of Jim Morrison and Oscar Wilde had been on my bucket list for a long time. On the train ride back to my hostel, I lost track of time writing in my A6 sized notebook I got in a show bag from a John Edwards show, I forgot I was sitting on a train in a foreign country and had gotten myself lost in Paris.*

