

- FOR IMMEDIATE RELEASE -

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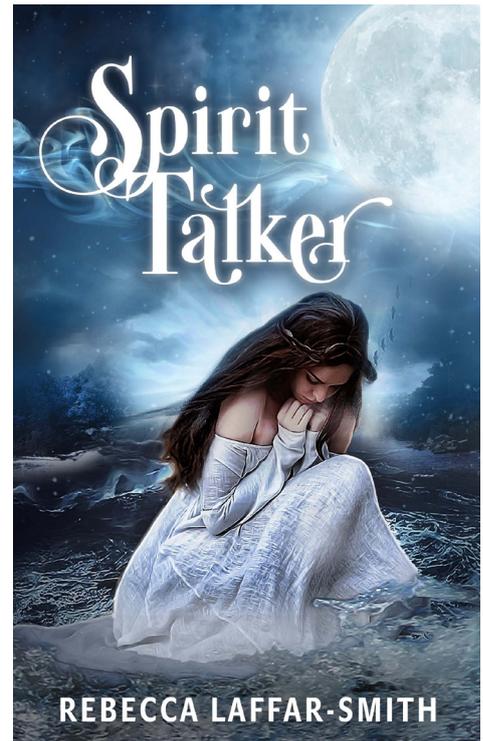
<http://www.rebeccalaffarsmith.com/book/spirit-talker/>

Ghost or Hallucination? Local author's book hits on raw teen issues with mental illness, peer pressure, and suicide.

BYFORD, W.A. - Saturday, October 9, 2021 - Byford's resident author, Rebecca Laffar-Smith, celebrates the launch of her new book *Spirit Talker*. Published by Aulexic and Experience Possibility Publishing, *Spirit Talker* takes a heart-wrenching look at teen mental health, friendship, and belief. Informed by her own mental health challenges as a teenager, and written to inspire, give hope, and save the lives of teens facing challenges today.

Spirit Talker is more than just a teen story. It's a lesson in empathy, self-awareness, and advocating for yourself against stigma and labels. It explores themes of depression, grief, insanity, and suicide.

"On the surface, this is about a girl who sees ghosts, however beneath that you find a sympathetic look at real life mental illness struggles, the dangers of not having your voice heard, and the importance of self advocating, whether with medical and mental health professionals, or with your loved ones. The author does a great job of destigmatising mental health treatment while balancing it with self care, self reflection, and personal growth. She captures a widowers optimism, a scared parent's pain, a child's loss, and leaves you with the taste of hope on your tongue and you eyes drawn to a bright horizon." Nici Poland



Rebecca Laffar-Smith lives with her two young adult children and their rambucious puppies in Byford, Western Australia. She is the author of three Y.A. titles and eight children's books. When she's not writing, she's usually working within the book industry helping other writers, editors, publishers, and librarians. Rebecca is an experienced public speaker, workshop presenter, and events facilitator who raises awareness and destigmatises the challenges of living with mental illness and disability. Her books inspire readers and writers to experiencing possibility and discover wonder.

For more information, publicity copies or to arrange an interview, please contact Rebecca Laffar-Smith on 0423 037 054 or admin@aulexic.com.au / <http://www.aulexic.com.au/media>

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