

PRESS FILE | Nathalie Guilbeault

Literary Author • Editor • Screenwriter



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ABOUT THE AUTHOR

Nathalie Guilbeault is a Montreal-born writer whose fiction explores the emotional aftermath of trauma, the complexities of love, and the haunting power of memory. A former executive coach with a Master's in Management Sciences from HEC Montréal, Nathalie left a successful corporate career to embrace a lifelong calling: storytelling rooted in vulnerability and emotional truth.

She is the author of:

- *Inhaled* – a psychological thriller praised for its candid portrayal of narcissistic abuse and self-reclamation
- *When I Became Never* – a dark, multi-generational literary novel spanning Nicaragua, Spain, and North America
- *Cold Chaos: Stories from a North* – a short story collection set in Northern Quebec that meditates on isolation, belonging, and adolescence

Her prose has been called “lyrical,” “unflinching,” and “deeply resonant.” She is also the French section editor for *The Nelligan Review* and a regular contributor to literary journals across Canada.

SELECTED WORKS

♦ *INHALED* (2022)

“A devastating and liberating look into narcissistic love and its unraveling. As poetic as it is piercing.”

A gripping psychological novel that walks the line between reality and inner turmoil, narrated by a woman rebuilding her life after emotional abuse.

♦ *WHEN I BECAME NEVER* (2024)

“A remarkable and memorable book that announces Guilbeault as a significant new voice in literary fiction.”

A powerful story of vengeance and legacy that examines how women inherit pain, power, and the need to break cycles.

♦ *COLD CHAOS: STORIES FROM A NORTH* (2025)

“Atmospheric and emotionally raw, these stories stay with you long after the last page.”

A short story collection set in rural Quebec, where silence speaks louder than words and memory is a character of its own.

PRESS & MEDIA COVERAGE

- Guest speaker at Accent Series, Montreal.
- Appearances as both Nathalie Guilbeault and Isabelle Duval (pen name): CITY TV feature, International Day for the Elimination of Violence Against Women (2018); Dr. Laurie Betito’s CJAD radio show, Passion (2018); [Femmes et Pouvoir](#). (2018); podcast, Passion with Dr. Laurie (2022).

LITERARY JOURNALS

- [*The Write Launch*](#); [*Discretionary Love*](#); Centered in Taipei magazine; [*Wingless Dreamer Anthology*](#), [*The Power of Hope*](#).

SELECTED PRAISE

INHALED (2022)

“Guilbeault’s tone and voice is reminiscent of European writers Anaïs Nin and Alain Robbe-Grillet.”

— Kathryn Brown Ramsperger, author, *Montreal Publishing*

“A rollicking good thriller read!”

— Midwest Book Review

“With a high level of accuracy, Guilbeault delivers the raw reality of her characters’ thoughts and actions.” — The Miramichi Reader

“It takes courage to write truth... Nathalie Guilbeault writes from inside experience and writes well... Perhaps more than one person who needs to break free will recognize themselves.”

— Anne Smith-Nochasak, *Goodreads Review*

WHEN I BECAME NEVER (2024)

“A haunting and deeply unsettling psychological thriller... Guilbeault’s poetic and evocative writing style draws readers into the minds of both predator and prey... Highly recommended for fans of psychological thrillers and intense family sagas.” — Frank Torn, author, *Montreal Publishing*

“The author gives readers a poignant front-row seat to the devastation wreaked in victims’ lives and the subsequent overpowering longing for vengeance and vindication.”

— The US Review of Books

“Nathalie Guilbeault’s *When I Became Never* is a gripping psychological thriller that explores the dark recesses of the human mind... impossible to put down... stands strong on its own.”

— Review Tales (Jeyran Main)

“Guilbeault is a writer to watch... her deep dives into human psychology are matched by her power with words. *When I Became Never* is a masterful narrative that traces the seeds of evil.”

— Christian Fennell, *B&N Reads Blog*

COLD CHAOS: STORIES FROM A NORTH (2025)

“Nathalie Guilbeault’s *Cold Chaos* is a beautifully written collection of stories that explore memory, identity, and life in the North... Thoughtful and quietly powerful... stays with you long after you finish reading.” — Samantha Olson, *Chicago Book Review*

“An exquisite testimony to how powerful the short form can be in the right hands... Each piece is executed with such scalpeled precision... This will end up in your top ten.”

— Jason Arias, author

SPEAKING ENGAGEMENTS

Nathalie is available for:

- Literary festivals and panels
 - Book club Q&As (in-person or virtual)
 - Talks on writing through trauma, emotional recovery, and women’s stories
 - Guest lectures or workshops in creative writing and autofiction
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CONTACT/SOCIAL MEDIA

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[LinkedIn](#)

[Goodreads](#)

DOWNLOADS

[Book cover: Inhaled](#)

[Inhaled - Blurb and Synopsis](#)

[Book cover: When I Became Never](#)

[When I Became Never - Blurb and Synopsis](#)

[Book cover: Cold Chaos, Stories from a North](#)

[Cold Chaos, Stories from a North - Blurb and Synopsis](#)

[Press-ready short bio; Press-ready long bio](#)

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