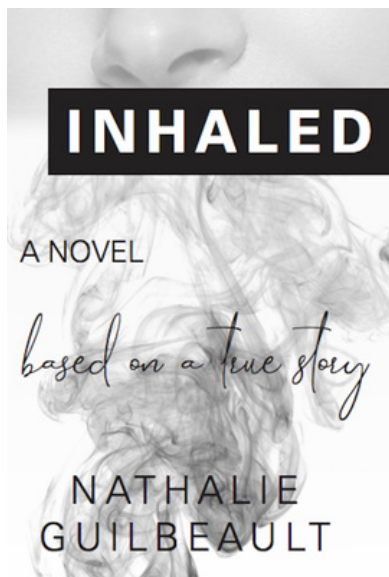


PRESS KIT

INHALED

by Nathalie Guilbeault

Log Line: A sexual thriller based on a true story.



In this thriller where sex is used both as a weapon and a cure, with great lucidity Nathalie Guilbeault exposes the dangers of becoming entangled with a person possessing narcissistic and sociopathic traits. As her marriage unravels, Isabelle Duval meets a Nicaraguan man online. Silencing her own intuition, she falls into the arms of hope, weaving for herself a new reality, one that puts her life and that of her daughter's at risk.

Set primarily in New England, it is a tale of a woman's struggle to seek stability where none can be found. It is the story of a woman's blind quest to rationalize the need to give in, to stay, whatever the price, while offering a look into the struggle and desperation of one who has been preyed upon.

**MONTREAL PUBLISHING
COMPANY**

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GENRE: Novel based on true story/
psychological thriller

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ABOUT THE AUTHOR:

"Guilbeault's tone and voice is reminiscent of European writers Anaïs Nin and Alain Robbe-Grillet." - Kathryn Brown Ramsperger, author



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Nathalie Guilbeault is a native Montrealer now living in North Hatley, Quebec. She holds an MSc. in Management from Montreal's École des Hautes Études Commerciales and has been writing full time since 2016. Nathalie acknowledged the need to write and to give it space later in life. Now, writing, the writing world, has become a permanent venue in which she thrives.

The second edition of her first novel, **INHALED**, was published June 2022. Human interaction and the study of its intricacies remain the central focus of Nathalie's attention and work. With **INHALED**, she offers a very personal interpretation of a toxic dynamic in which two worlds collide. She depicts, with depth and attention to emotional distress, the traps we ourselves, willingly at times, set in order to grow.

Her next book, **WHEN I BECAME NEVER**, will be published September 2023. A short story collection, **SNOW, STORIES & CHAOS**, is also set to appear January 2024. Click [here](#) to read her essays.

In 2022, she became the editor, French section, of [the Nelligan Review](#), a bilingual literary and cultural journal.



Praise for Inhaled

"***Inhaled*** will especially attract women who look for contemporary backgrounds, novels about sexual enlightenment, and insights about relationships that move into the territory of a rollicking good thriller read.

This is not your typical story of a relationship gone awry, but follows a woman struggling to find herself in the midst of a compelling new passion that both awakens her sexuality and dampens her innate feelings of self and self-preservation.

Libraries strong in women's fiction will find *Inhaled* a fine addition, while discussion groups about sex, romance, and relationships will find in Isabelle's experiences much fodder for contemplation and lively debates."

- *The Midwest Book Review*

"With a high level of accuracy, Guilbeault delivers the raw reality of her characters' thoughts and actions."

-*The Miramichi Reader*

"This book was intense! I couldn't put it down. Knowing that this was a true story got to me in my deep. A whole mix of emotions with some added eroticism made this book captivating and relatable. Very well written."

- *Dr. Laurie Betito*, a clinical psychologist for over 30 years with a specialty in Sexual Wellness. Dr. Laurie has appeared on the weekly show "EROS" (The Life Channel), as well as hosting the show "LET'S TALK SEX". Laurie has had regular features in national magazines, and has published several academic papers, as well hosting 2 TEDx talks. Her Passion Podcast, can be found here.

Media

Q & A

A1. What inspired you to write the book?

Strange events started to unfold in my life, prompting me first to simply document them in a journal. There came a point when I consciously decided to remain in this toxic relationship, betting against myself, pulled by an unhealthy curiosity, knowing something was not right. It was then that I felt the need to structure my writing. Intermittently, I was able to rise above the turmoil to see and feel a story I knew needed to be told. The inspiration was me-my shaky state of mind- and him- his undeniable craziness.

2. What will readers learn?

The readers will learn that sociopaths target vulnerable and empathic people. They will learn that mistrust can lead to abysmal despair and that victims need time to process the harsh reality they have been plunged into.

3. What advice would you give to someone in a similar situation?

I am an expert on my life, on what happened to me, so my advice stems from my personal encounter with a very disturbed individual. What I have to say is this: listen to yourself, trust your intuition.

The surest way out of such a relationship is to leave as early as you can and to follow the No Contact protocol: you block their number, you block them from all social media-all- you block them from your life. You block them not to punish them but as a way to protect yourself because going No Contact gives you the time and space to reclaim your life, set new boundaries and see the situation with more clarity.

Educating yourself on the subject of cluster b personality disorders, which includes sociopathy (anti-social personality disorder) and narcissism is helpful as it can depersonalize the perceived hatred you have been subjected to. It will help you understand that you were never to blame. Once you leave them, be prepared to be hoovered as these individuals hate to loose the supply of attention you have been to them. Do not respond to their pleas, ignore them, and if need be, involve the legal system. Be certain of this: the longer you stay, the more challenging your exit will be. Trust me on this one.

Upon leaving, or maybe before, it may be important to get some professional help as post-traumatic stress disorder often follows such brutal and abnormal break ups.