

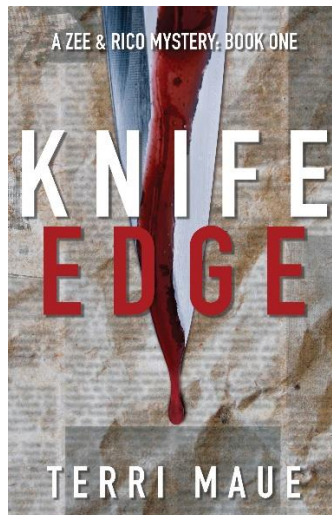
Through the Power of Words

June 2023 Terri Maue Newsletter

Did you know that 70-90% of any message is NOT contained in the words? When we speak, we convey most of the meaning with body language, tone of voice, facial expressions, all the types of nonverbal communication. No wonder writing is so hard!



It's Here ... well, for pre-order



There was a great disturbance in my personal Force this past week. I saw *Knife Edge* on Amazon! It's available for pre-order from Amazon, Barnes & Noble, and bookshop.org. It may be in other places, too. Those are the ones I checked. You can also ask at your local bookstore. For some reason, I had to find the book under Terri Maue instead of the title. But it's there. It was an incredible thrill to see it.

Now I'm lining up events to celebrate. Here's a list so you can mark your calendars.

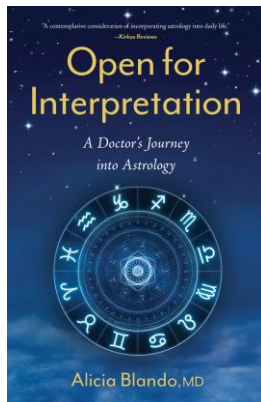
Sunday, September 3, 2-4 pm Pacific Time, I will be a guest on *Dime Grinds*. Zoom link: <https://us02web.zoom.us/j/3652434388> or Zoom ID [365 243 4388](https://us02web.zoom.us/j/3652434388) If you plan to attend, remember to adjust the time for your time zone. I'll actually be zooming in from my sister Pat's home in West Seneca, NY, so I'll have to adjust my timeline as well.

Saturday, September 23, my debut author celebration at Copper Cat Books, 1570 W. Horizon Ridge Pkwy in Henderson NV. Details to follow.

Saturday, October 21, 10 a.m.-1 p.m., my first Coffee House Tour signing at Shasta's Sweet Treats, 290 E Horizon Dr, Henderson.

I hope to see you at one (or more) of these events.

Celebrating another local author: *Open for Interpretation: A Doctor's Journey into Astrology* by Alicia Blando, M.D.



Kirkus Reviews described this book as “a contemplative consideration of incorporating astrology into daily life.” *Open for Interpretation* describes a doctor's multi-national journey in search of her path in life, and how she learns to use the astrological map to reveal her strengths, weaknesses, and opportunities.

Hmm. One or more of my characters in *Knife Edge* might be interested.

The Inside Scoop

I'm guessing that you have figured out, from the hagiographic descriptions I bestow on pastry in each newsletter, that I love nearly all forms of baked goods, but especially the buttery, flaky kind. I would eat pastries for breakfast every day, but my 75-year-old body isn't quite as forgiving as when she was younger. Not that I'm complaining. I am grateful every day for good health.

I didn't plan to have Zee share my passion. I'm not even sure how or when it happened. Maybe I was hungry that day. No matter how it began, Zee's love of pastry quickly took on a life of its own. And I very much appreciate all the help I've received in my research for this particular quirk of Zee's.

When people visit me in Las Vegas, I don't know about dinner, but I will have many suggestions for great breakfast goodies.

Speaking of dinner, or more broadly, nutrition, there is another of Zee's traits the origin of which I can't pin down. That's the odd combinations of the scarce ingredients that turn up in her refrigerator and cupboards.

My best guess is that after making mostly healthy dinners every night for 35 years or so, I was pretty much done with cooking, so I spared Zee that chore. Since I was still working when my husband retired, I happily handed the duties to him. Much to our mutual benefit, we discovered that he is a much better cook than I am.

I hope you enjoy the role food plays in *Knife Edge*. You won't find any recipes in the book, but you might want to stock up on your favorite snack before you get started. An almond croissant, a cup of tea, and a good book. My idea of heaven.

The Great Pastry Hunt: update

The last thirty days have been exceptionally busy for me. I confess I didn't make it to a local bakery to check out a pastry. So this month, I'm sharing one of my favorite cookies to make, lemon bars.

Lemon Bars



This delectable treat is comprised of three layers, a butter cookie base, a layer of tart lemon filling similar to lemon curd, and a generous sprinkling of powdered sugar. The powdered sugar hits the taste buds first, exploding with sweetness, which melts quickly into the silky, tart lemon. At the same time, the buttery base releases a rich, high-fat counterpoint to both tart and sweet.

Don't let the 'high-fat' put you off. Apparently, this combination of sugar with high fat content raises the level of a neurotransmitter called anandamide, which one website calls 'the bliss molecule.' (I'm going to ignore the fact that many other, healthier foods also do this.)

These lemon bars are easy to make. If you'd like the recipe, email me at terri@terrimaue.com.

I promise in July, I'll be back on the hunt!

If you'd like to help with my research by recommending a pastry, send your suggestion to terri@terrimaue.com. Zee and I thank you!

Thanks for reading! See you in July!