



The Authority

Connecticut Authors & Publishers Association—Since 1994

Connecticut's Source for
Writing, Publishing &
Marketing Information

Volume 17 Issue 10

October 2010

Charles Monagan to Speak at CAPA Central in Avon

Charles Monagan has been a writer and editor for the past 35 years. During that time, he's had his work appear in a number of national publications, such as *Harper's*, *Yankee*, *Playboy*, *Glamour*, *The Washington Post*, *Newsday* and *The Boston Globe*. He is also the author of eight books, including five humor books (*The Neurotic's Handbook*, *The Complete Neurotic*, *The Reluctant Naturalist*, *Poodles From Hell* and *How to*

Get a Monkey into Harvard) and *Connecticut Icons*.

Since he became the editor of *Connecticut Magazine* in 1989, the publication has won several national awards for editorial excellence, including three gold medals for reporting awarded by the City and Regional Magazine Association. Monagan himself won the coveted Gold Medal for Reporting in 1999 for an article on Aetna Casualty Insurance Co. He has also been a multiple winner of



annual awards from the Connecticut Society of Journalists, the first coming in 1974 and the most recent in 2010.

Monagan has an abiding interest in Connecticut. He has written extensively about the

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MEET A MEMBER: Shannon K. Mazurick

By David Garnes



CAPA and its opportunities for sharing experiences, making practical contacts, receiving encouragement and... well, the list goes on. Welcome, Shannon Mazurick.

Shannon started writing in elementary school in Bristol, where she was born. After moving to Avon and finishing public school there, she graduated from Saint Joseph College in 2008 with a B.A. in English

and a minor in Psychology. While in college, she worked on the college website in the

Information Technology department. Now, in addition to continue her writing, she plans to return to school.

Shannon has an interesting take on how she came to love the writing of poetry: "I never imagined that I'd become an author of two poetry books. I didn't enjoy writing poetry until college because I was frustrated that I didn't rhyme everything. In college I learned that poetry doesn't always need to rhyme."

This realization has led to the publication of two books of poetry. *Poetry As The Year Goes By*, Shannon's first book, deals with the seasons. Her

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Meetings

Southwest Division
Shelton
10/18
Jan Kardys speaker

Main Meeting
Avon
10/16
Charles Monagan
Speaker

Southeast Division
Groton
10/18
Tom Santos speaker

For details, check
www.aboutcapa.com.

It's always a pleasure to write about an author who has recently discovered

Baking With Barb

by Barbara Klein

I would like to share my Challah bread recipe with you. I have brought these fresh warm loaves to the CAPA meetings on several occasions, and for years it has graced our table on Friday nights. This recipe for the traditional Jewish egg bread was given to me by my mother-in-law, Shirley, who shared many good dishes with me over the years.

Even though I have tried several different recipes for Challah, this one is the best and easiest to make. Since it makes three loaves, I usually give one away, put one in the freezer, and eat one for dinner with leftovers for wonderful French toast — except, of course, when I bring them to share at CAPA meetings.

Challah

Step one:

2 packages yeast
½ cup lukewarm water

Place in a small bowl and go to next step.

Step two:

1 tablespoon kosher salt
2 tablespoons sugar
3 tablespoons honey
5 tablespoons butter or margarine
1½ cups hot water

Mix in large mixing bowl until the butter is melted and allow the water to cool to lukewarm.

Step three:

4 eggs
7 cups of flour

Pour foamy yeast mixture into large bowl. Mix 3 eggs

and 1 egg white into large bowl (save last egg yolk with 2 tablespoons water in a cup for egg wash). Finally add flour, one cup at a time, and mix until soft dough is formed. Place dough on a floured surface and knead, using more flour as needed until it is no longer sticky — about 10 minutes.

Place in a clean, greased bowl and allow dough to rise about 1½ hours until it doubles in size and leaves a dent when touched lightly with finger tips. Place dough onto floured board and cut into three pieces. Each ball will make a loaf. Grease two cookie sheets. Divide one ball into three pieces and roll each into a rope; braid and tuck ends on a cookie sheet. Cover

with clean towel and repeat process for two more loaves that will fit side by side on a large cookie sheet.



Cover with a towel. Allow to rest until double, about 45 minutes in a warm place. Use a pastry brush to carefully coat loaves with egg wash. You may sprinkle with sesame or poppy seeds before baking if you wish. Bake on middle shelf of oven at 350° for 35 minutes or until golden brown. If you must use both shelves, switch the loaves position half way through the baking process. Wonderful served warm or cold and best if eaten the day it is baked.

CAPA Board of Directors

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Article Submission

The Authority welcomes articles written by members. Here are some guidelines that we would encourage.

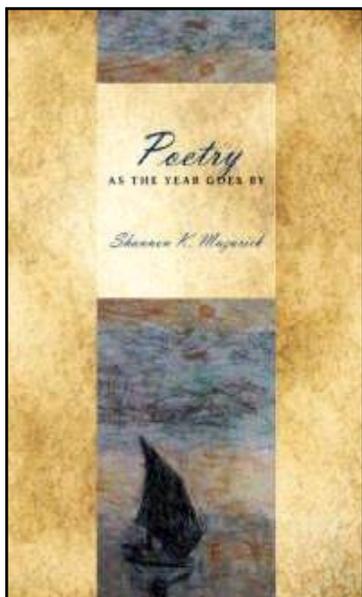
Topics may cover any aspect of writing, publishing and marketing. Your personal slant on this is of interest to all of us and welcome.

Articles should be no longer than 400 words. If the article is longer, the editors reserve the right to reduce the size or divide it into sections that would be run in successive issues. All articles will be edited. Submit single spaced with no built in formatting. Submit all articles via email to Peggy Gaffney at gaffney@kanineknits.com.

Send submissions for the **Meet A Member** column to Carol Healy at carolhealy@comcast.net

ARTICLES DUE BY THE 28TH OF THE MONTH

*Authority Staff: Editor—Peggy Gaffney, Meet A Member Column—Carol Healy
Copy Editor—Rita Reali Staff Photographer—Deborah Kilday*

Meet A Member: Shannon K. Mazurick continued

second title is *Reflective Poetry: Petals of the Heart*.

When I asked Shannon about which aspects of the writing process (creating, editing, research, marketing) she most enjoys, she was clear that it's the creative process that motivates her.

"I love how writing allows me to express myself. I can write about something and make the meaning behind it clear, or I can 'hide' the meaning. I love playing with words." And for those of us sometimes mystified by how our writing is understood by others, she adds, "Hearing the different interpretations of my poetry has been a great experience."

In addition to her poetry, Shannon tells me she's always enjoyed writing short stories. As for what's next, she's

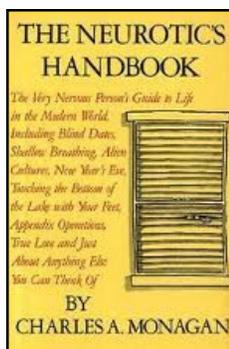
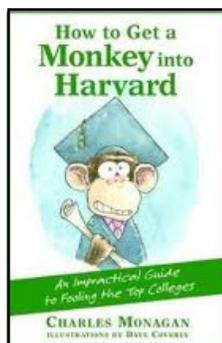
interested in branching out to non-fiction and has several projects "in the works."

One such project is the writing of her autobiography.

Shannon says, "I was born with cerebral palsy, so I would like to figure out a way to organize my story because I hope to inspire people."

Having found CAPA informative and its members "very friendly," Shannon said she would like to talk to others who have written and published their autobiographies. She's looking for some advice on how to go about telling her story.

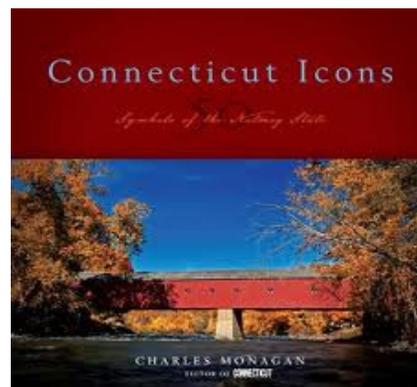
So, all you CAPA autobiographers, here's a good chance to impart your wisdom to our new member, Shannon Mazurick!

Charles Monagan to Speak at CAPA Central in Avon continued

state over the years, culminating with *Connecticut Icons*, a collection of 50 pieces first published in *Connecticut Magazine*. He has even written for the State during a two-year stint, 1987-89, as the speechwriter for Gov. Bill O'Neill.

His first play, a musical entitled "Mad Bomber," will be produced next spring by Seven Angels Theatre in Waterbury.

Monagan lives in Waterbury with his wife, Marcia. They have three children.

**Schedule of Upcoming Meetings of CAPA-SW, CAPA Central and CAPA-SE****OCTOBER MEETINGS**

CAPA-SW: Literary Agent/Editor Jan Kardys of Black Hawk Enterprises will speak on the topic "You wrote a book, now what?" at the October meeting of the Southwest Chapter on Monday, October 18, 2010 *(**different Monday from usual**) at 6:30 p.m. at the Shelton Public Library, 65 Wooster Street. The public is invited free of charge and no registration is necessary. Light refreshments will be served.

CAPA Central: Charles Monagan, editor of *Connecticut Magazine* and author five humor books (*The Neurotic's Handbook*, *The Complete Neurotic*, *The Reluctant Naturalist*, *Poodles From Hell* and *How to Get a Monkey into Harvard*) and *Connecticut Icons* will be speaking on Saturday, October 16, 2010 at 10:30 am.

CAPA-SE: Tom Santos will be speaking on "The advantages of CAPA and the process that we all aspire to: being published" at the October meeting of CAPA-SE on Monday, Oct. 18, at 6:30 at its new location LaGrua Center, 32 Water Street, #7 Stonington Commons, Stonington, CT.

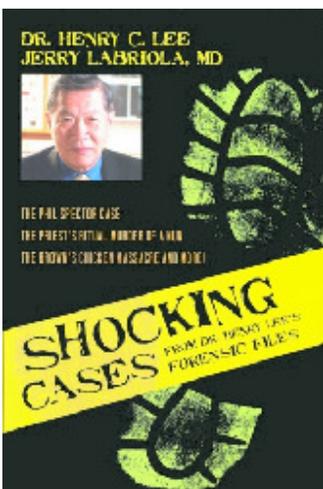
Continued on page 6

Jerry Labriola, MD: Doctor, Politician, Man of Letters

Former Waterbury Hospital Chief of Staff Has Worn Many Hats, But Says He is Happiest as a Writer

Despite an active and successful career as a pediatrician and neonatologist, Jerry Labriola, MD, did not want to wait until retirement to indulge his other great passions in life, politics and writing. Even while juggling a practice and a busy schedule as a Chief of the Medical Staff at Waterbury Hospital, Labriola felt the pull of other areas of interest to him and, by the time he retired from medicine in 1996, he was already a fixture in state political circles and an up-and-coming author.

Now in his 70s, Labriola looks back on a life that, by any measure, was rich, full and stimulating. As a boy growing up in Naugatuck, he gravitated to the sciences and followed his interest to college and medical school and residency. Returning to the Waterbury area to practice pediatrics, he was named Chief of the Medical Staff at Waterbury Hospital in the mid-1970s and settled into a thriving practice in Naugatuck.



For most people, that would have been the makings for a rich and full career; but for Labriola, it was only the beginning. In the late 1970s, he began to earn notoriety for a series of newspaper columns he wrote about the high cost of health care. He was soon approached by a strategist in state political circles who asked him to consider running for a State Senate seat in a race against a popular seven-term incumbent. Labriola ran a hard campaign and was a surprised as anyone to find himself victorious on election night.

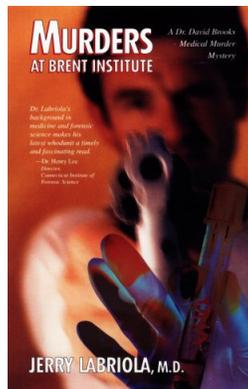
“I asked my wife, ‘What do I do now?’” Labriola remembered. “And she said, ‘You go up to Hartford and serve.’ So I did.”

Over the course of the next 14 years, Labriola’s political star would continue to rise as he was selected to run for Lieutenant Governor on the Republican ticket’s unsuccessful bid against Gov. William O’Neill in 1982. Four years later, he campaigned to become the GOP candidate for governor but lost in the primary. He then helped coordinate campaigns for several other candidates before entering the race for the U.S. Senate against Sen. Joseph Lieberman in 1994. He won the Republican primary, but went on to lose to Lieberman in the general election. By that time, Labriola said he

was already hearing the call of a new passion.

Throughout his years in politics, Labriola had continued to write newspaper columns and articles on the topics of the day, but he found he enjoyed it less and less. He realized he wanted to write books, particularly mysteries.

So in 1996, he retired from his medical practice of 35 years and wrote the first of over 10 mystery novels and non-fiction True Crime books. Several of his books have been collaborative efforts with Dr. Henry Lee, the noted criminal forensics expert from Connecticut.



Labriola would eventually become president of the Connecticut Authors Association and a member of the Mystery Writers of America. His reputation as an expert in forensic sciences and storytelling has made him a popular lecturer and, for the past five years, he has taken Lois, his wife of 56 years, on cruises where he is contracted to speak on true crime stories, forensics and the process of writing a book. The cruise ships include the Queen Mary II, the Queen Victoria and the Emerald Princess.

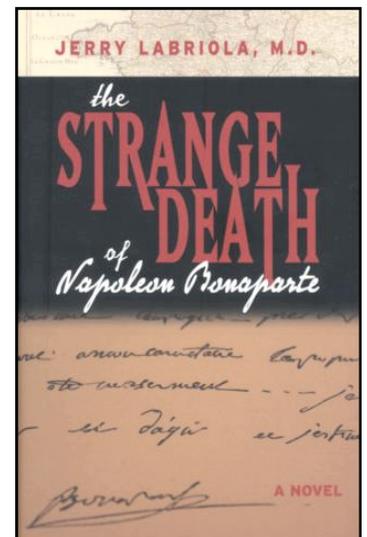


“I love writing because it allows me to use my imagination and keep my mind sharp,” Labriola said. “I get to develop plots, characters, dialogue. It’s just a lot of fun.”

Labriola said that when he began his career in medicine, he never imagined the diverse paths his life would follow.

“Medicine was my first love, and I still think it offers rewards you can’t get in other professions,” he said. “I just always found myself drawn into other things.”

Used with permission from the Public Relations/Marketing Dept. of Waterbury Hospital — Managing Editor Heather Tindal, Assistant Editor Matt Burgard.



Regression For Writer's Block Is Better Than Sex (Continued from Sept. Issue) by Barry Eva



virtual tour authors or those just looking to share their work with the listening audience. Many times I do not even check what the author has written until a day

This event was on a Monday, and left me very confused, also though, seemingly more open mentally to the idea that such things were possible. Even that my theory for writers could actually be true, even if that “parallel world” might actually be your subconscious, or was your subconscious the link to the parallel world?

Perhaps the relaxation part of a regression session, taking you to that point just above sleep, would be a way to get out of writer's block?

I might have left it at that if it had not been for what happened over the next three days.

Let me explain first off, I book guests for my show “A Book and a Chat” three, sometimes four, months in advance; guests authors and even bloggers can come from any form of writing. I do not plan groups of shows unless they are a special like my November Male YA Author month. I sometimes have certain guests for longer Saturday shows, though normally it's just a case of filling in dates with

or two before the show.

On the Tuesday after my regression session, I researched my guest for that night “Randolph J Rogers.” Imagine my surprise to find his book *The Key of Life* was all about regression and past lives. Coincidence? Is there such a thing as coincidence, or is it we all have our paths to walk down?

I would have just said yes, just one of those weird quirks, and then came Wednesday's show. My guest on Wednesday was Terry M. Drake chatting about his book *Live Happily ever After... Now*.

Again I will state I make no plan of shows, have no idea when certain guests are on the show, booking them three four months ahead of time. Yet the two days after my own regression session, and the day after my chat with Randy Rogers, here I was, chatting to an author about how our lives are there before us, the choices we have in the paths we follow.

As you can guess, by this time my own feelings, beliefs and understanding were starting to be shaken; this was not improved by my guest on the

Thursday-night show.

Paul Rademacher and his book *A Spiritual Hitchhikers Guide to the Universe* once again led me down paths that had been the theme of the whole week.

My views over the last week have changed and I am even more trying to understand how as writers we are guided by some force, be it from another world or our own subconscious to create the plot and characters that we do in our stories.

As I jokingly said to one guest when she was saying one of her characters might not be pleased with how she had displayed them, and that she kept getting the feeling of their displeasure when she wrote about that character: “Just imagine, if these stories were from another world, how one day they might visit this planet, and when you answered a knock on your door, there would be all your characters wanting to speak to you about how you had written about them.”

Since that week, thoughts have been spinning around my head and in my dreams, telling me, “I must put what happened down on paper”; so here it now is.

Anybody who knows me or has heard my show, “A Book and a Chat,” will tell you I am far from the séance-driven, regression-seeking, palm-reading person that these events have made me look like. I am fun loving and always looking for a laugh; however this last week or two has made me think.

Anyway, as the title says, and as I found out when my clock seemed to go out of

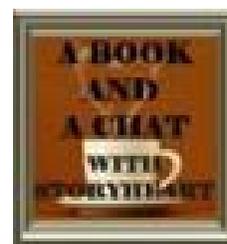
balance, a regression session lasts a lot longer than sex.

A week after I wrote this article, I was lying in bed, thinking about what I had written and how strange things had become, when suddenly a voice came into my head saying...

“Your name was Seth.”

I was freaked out. One of the things from the regression session was that I knew my wife's name and those of my daughters, but I could not remember what mine was.

I was told this was not unusual during a regression session. It is something that had been playing on my mind since that day. Now, out of the blue, I had this voice telling me that my name had been Seth. I must admit I was shaking for a good ten minutes after the event. However it made me think even more about these voices or dreams that authors get telling them the story etc.



Barry Eva (Storyheart)
Author of “Across the Pond”

My Blogs: Book Information and Things UK — Across the Pond

Book and a Chat Radio Show Guests — A Book and a Chat

Funny, Weird Or Just Interesting News From Around the World — Laugh I Thought My Trousers Would Never Dry

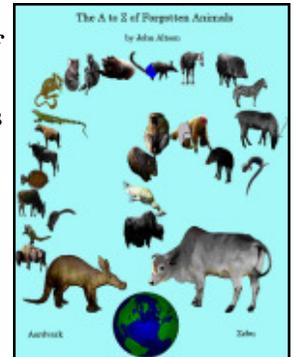
Brag Board



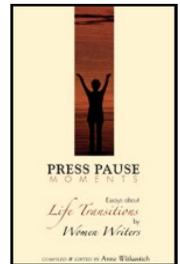
David Garnes' new publication, *From My Life: Travels and Adventures* will be on display at the Big E, along with his earlier book, *After The War Was Over: Poems of an American Childhood*. *From My Life* is a collection of 22 essays that relate to episodes from David's life, ranging from an encounter with Eleanor Roosevelt in the 1950s to travels in Greece, Russia, Mexico and Haiti, and many other locales, both exotic and domestic. The books are available at amazon.com or directly from David (davidgarnes@msn.com).



According to **John Altson**, who just published his second book *The A to Z of Forgotten Animals*, "There are many wonderful books for children about dinosaurs, teddy bears and other furry creatures. I wanted to tell children about creatures they may never have heard of — from armadillos to zebu. I wanted to get children to giggle with my use of alliteration and poetry while, at the same time, educating them about the very real threats of extinction. And, because of a unique marketing arrangement with ARKive.org, I was able to create an interactive version of the book with links to live animal videos." John Altson had two goals in writing the book: to educate children about some rare and unusual animals and to raise awareness about the current threats of extinction. Please see the video of my latest book: <http://www.youtube.com/watch?v=60vhcmItn4I>



The essay "After Sunflowers" by **Adele Annesi** is part of a new anthology of women writers, *Press Pause Moments: Essays About Life Transitions by Women Writers*, by Connecticut-based author Anne Witkavitch and Kiwi Publishing. The anthology is available from Amazon.



Karen M. Rider is blogging about how she's getting a *BookLife*, the title of Jeff VanderMeer's handy reference for writers in the 21st Century. "I was so influenced by the guidance (not merely advice) in the book that I contacted the author. I decided to blog about how Jeff's strategic and tactical tips for writers go hand-in-hand with my Five Ps for Writers. Jeff loved the idea and has invited me to guestblog." Learn more about the Five Ps at www.TheWritingParent.blogspot.com and more about BookLife at www.booklifenow.com or visit the BookLife page at the Publisher's Weekly webportal. Karen recently joined the **Connecticut Women's Journal** family of publications as Advertorial Consultant and Ghostwriter. The Journal publishes three editions: New Haven, New London and New Haven County. Learn more about Karen: <http://karenmrider.com>

Schedule of Upcoming Meetings of CAPA-SW, CAPA Central and CAPA-SE

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CAPA-SE FUTURE MEETINGS:

Nov 15 Book event, MEET THE AUTHORS, mini-seminar, LaGrua Center, Stonington, CT
 Dec 20 Christmas Party (We will need a volunteer to chair this successful event.)
 Jan. 18 LaGrua Center, Stonington, CT
 Feb. 15 LaGrua Center, Stonington, CT
 Mar through June: Groton Public Library, Groton, CT

CAPA CENTRAL FUTURE MEETINGS:

Nov. 20 Dr. Doreen Stern "The Life Docktor" (yes, that's how it's spelled.) Her book, *Start Living: Change Your Life in 17 Minutes*, will be available soon.
 Dec. 18 Christmas Party
 Jan. 15 Kristan Higgins Best-selling Romance Writer
 Feb. 19 TBA
 Mar. 19 Adele Annesi and Garrett Miller

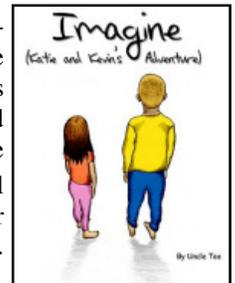
Brag Board



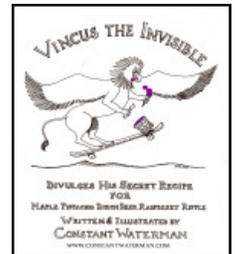
Mel Hathorn will be presenting a talk for the **Mensa Regional Gathering** on October 16th; the topic is: Mark Twain: Coming out of the Closet. Sam Clemens (a.k.a. Mark Twain) lived and wrote during the “Gilded Age” or the Victorian period. What are the social norms of this period? How did he adapt to them? Or did he *not* adapt to them? What would he say about today’s social and political climate? Mel Hathorn is a historic interpreter at the Mark Twain House in Hartford. He has given over 200 tours during his time there. He is particularly interested in the history and disillusion of this period.



Todd Pannone (pen name Uncle Tee) has written and illustrated eleven children’s books in just the past few years. His books range from preschool to early grade school and are inspired by his family and the world around us. They cover such subjects as: a baby keepsake, the fall season, a fallen star, Christmas, a short series of a boy and his daily activities, a determined little girl, a boy with magic and a curious bear. See them at www.UncleTeeBooks.com. His latest book is called **Imagine**. It’s a colorful 52-page story full of illustrations about a brother and sister and how they use their imaginations to take an exciting adventure one rainy day when the electricity goes out. Using your imagination is endless and you can go anywhere and do anything.



Constant Waterman, a.k.a. Matthew Goldman, of SECAPA, has just completed writing and illustrating a children’s book, **Vincus the Invisible**. It should be available by November. Matthew Goldman a.k.a. Constant Waterman is an author and illustrator.



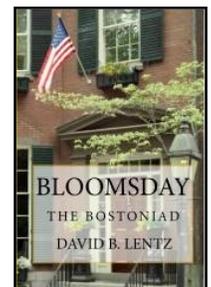
DEBUT by **Lois Mathieu**, takes the reader into the lives of two characters, a child given up for adoption and her teenage birth mother. The story portrays the seriousness of separation as it affects their lives and the way irrevocable loss impinges on them over time and causes them to vacillate over the notion of reconciliation. The mother suffers from guilt and despair soon after she signs adoption papers; but she feels bound by all conventions of the early 1970s to keep her past a secret. The child begins to yearn for her birth mother in adolescence, when it is clear that she has inherited a rare singing voice; however, she keeps this to herself, for fear of hurting the adoptive parents she loves so much. Over the years, both mother and daughter become transformed by their courage to work through their darkest moments. When the girl is a grown woman, she grapples with



the fear of missing her only opportunity to contact her birth mother. She writes a letter to the woman and initiates a search through the adoption agency. The novel opens when she is about to make her debut at the Metropolitan Opera House and still awaiting a reply to her letter.



David Lentz announced **Bloomsday: The Bostoniad** published a few weeks ago through WordsworthGreenwich Press, is a tragicomic epic that brings to life in America the enduring masterpiece of Homer’s *Odyssey* and the Irish saga of Joyce’s *Ulysses* in a Father’s Day in Boston after the Vietnam War in 1974. This new Bostoniad portrays the American immigrant descendants of Leopold and Molly Bloom, and Stephen Dedalus of Dublin. After Tim Finnegan’s Irish wake, Rudy and Penelope Bloom of Beacon Hill meet Harvard Professor, Dr. Thomas Dedalus. *Bloomsday* narrates in a pixilistic style, a chorus of New England voices blending to render new verses of the greatest epic of antiquity and the 20th century’s most celebrated literary novel on the legendary wandering home of Odysseus after the fall of Troy. Find it on Amazon.



The ABCs of the Editing Process: Why Should You Show Respect for the English Language When Writing Your Book? By Roberta Buland

Why do I encourage, and even demand, my clients to be sure to demonstrate respect for the English language?

The short answer is: To establish credibility as an author, readers expect you to show them that you respect the language. In writing dialogue, you can take liberties; in fact, you should to make it sound authentic. But, in the narrative, show your expertise in handling the language.

I wondered, what does the Internet say about respect for language. I punched in “English language, respect for.” What surprised me were the many sites that turned up, especially those geared to how to teach children to develop respect for the language. This further made my case for respect. If we are going to teach children to respect the language, then serious writers must be the role models for them.

Children learn to read early. If they are lucky, they see their parents and others reading books regularly.

And, if they are really lucky, children develop a thirst for reading and continue to drink it into adulthood. But, sometimes, people stray by using the many shortcuts to writing: texting, twittering, emailing, etc., that they often “forget” rules. As a result, many authors write as they speak — and become disrespectful to the language without even being aware of it!

Not too long ago, you may have asked, “Mom, do you wish me to unload the groceries?”

Now, your child might say, “Ma, do ya want me to get the bags?” This is an example of “forgetting” to utilize proper English; some people may even have forgotten how to use it at all!

Were you read aloud to growing up? How many of you now read aloud to your children or grandchildren?

My seventh-grade teacher used to read aloud to us from *Innocents Abroad* every Friday afternoon. How we looked forward to hearing Mrs. Stowers take us out of the everyday and into Mark Twain’s world!

Today, children are scheduled from morning until bedtime — and often, reading is only minimally in the schedule. Yet, we all know that to be a successful student, one must read — everything from textbooks to novels to the Internet, etc. Children are like sponges; they absorb from their surroundings. They will adapt to positive models; they also adapt to negative ones.

As writers, think about what you read. Think about what you understand and, more important, what you don’t — or what you misunderstand. A well-written article or book is a pleasure to read. Take out your old grammar books, such as Strunk’s *On the Elements of Style*, and study them. The Internet says about this guide: “Asserting that one must first know the rules to break them, this classic reference book is a must-have for any... conscientious writer. Intended for use in which the practice of composition is combined with the study of literature, it gives... the principal requirements of plain English style and concentrates attention on the rules... most commonly violated.”



You only have one opportunity to make a good first impression on a potential employer — and your readers. Take all the liberties you want to with dialogue. But, show respect for English in the narrative — and your readers will not only respect you for it, they may consider buying and reading your books!

Roberta J. Buland is the owner-editor of RIGHT WORDS UNLIMITED, a full-service editorial and publishing firm in Avon. She is a past president of CAPA and can be reached at 860-214-5367 or at rjbuland@comast.net. She welcomes questions about any aspect of editing, writing and publishing.

The Book Shepherd by Judith Briles

Ahh, times have changed! Which publishing road does an author take today? With the Internet and today’s technology, traditional publishers are being turned on their heads, self and independent publishers have morphed into new critters, ranging from, “Wow! Look at these books, they are amazing!” to “Wow! These like they were done with Elmer’s Glue at the kitchen table.”

The publishing road answer: it de-

pends. Authors are choosing to bypass the traditional method that had been so coveted by the majority of authors just a few years ago. The five key factors that have moved authors to seek other avenues are: rejection, timing, control, quality and money.

Rejection. That a traditional publisher(s) has said “No” has led authors down the do-it-themselves path. Some choose the vanity format, such as

LuLu or iUniverse; others explore POD (print on demand); pay to publish; eBooks; or create their own publishing house.

It’s your choice... but do the math always. Measure your time, investment and potential return.

Learn more about Judith Briles at www.TheBookShepherd.com Or follow her on Twitter, <http://twitter.com/JudithBriles>.