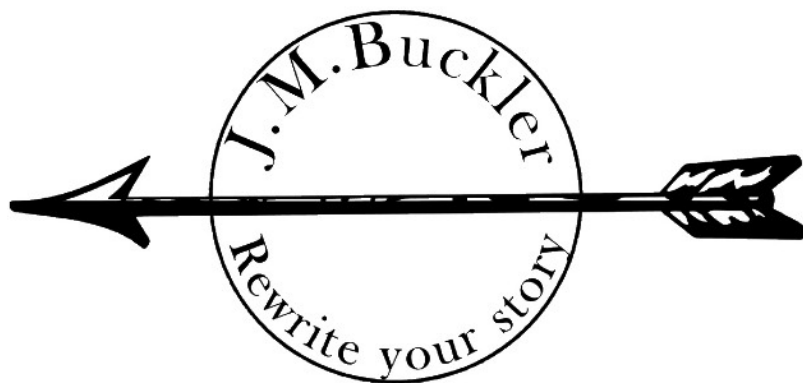


A portrait of a woman with dark hair, wearing a light blue button-down shirt, with her hands behind her head. She has a tattoo on her left forearm that reads "everybody the fear will buckle" and a tattoo on her right shoulder. The background is a light-colored wall with a subtle pattern.

Press Kit

Author J.M. Buckler



Contact:

press@jmbuckler.com

+1-512-270-9545

Full Bio:

JM Buckler has been featured in top media including ABC, NBC, and Fox. She is the award-winning author of *Seeker of Time*, *Stillness of Time*, and *Passage of Time*, young adult fantasy-fiction books which have received praise from the likes of Kirkus Reviews, Literary Titan, Readers' Favorite. Game-changers in the young adult marketplace, Buckler's novels combine electric storytelling with deep spiritual lessons and meaningful takeaway on how to cope with life's hardships – addressing everything from betrayal and heartbreak, to violence and death.



Buckler is a mentor and educator at TheKey2Free, a non-profit organization that provides safe transition housing, education, and therapeutic care for human trafficking survivors. There, she teaches writing as a tool for healing to clients participating in the LAUNCH program. JM Buckler also offers writing-based programs to diverse audiences – teaching how to use the power of the pen to reshape and reclaim one's life, as Buckler did when she began her own writing journey: After years of drifting through life, feeling insecure and lacking a sense of meaning or purpose – always trying to be the image and fill role that others held out for her – Buckler took a leap of faith and walked out on the person she was supposed to be, instead diving into the world of her imaginary characters. Through developing their lives, Buckler discovered that she cultivated her own – ultimately finding her calling and passion, transforming her reality, and emerging a grounded and confident young woman.

Buckler lives in Austin, TX, with her husband, son, and Havanese dog. She can be found at JMBuckler.com.



Short Bio:

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About Seeker of Time

"I cannot guarantee I'll be the person you want in your life, but I will do everything in my power to be the person you need."

Elara Dunlin never imagined how much her life would change after moving across the country at the start of her senior year of high school. Who is the mysterious man with the piercing blue eyes who follows her everywhere she goes? Strange events unfold, causing Elara to question her own reality. Her predictable and simple life changes on one cold, fateful night ... the night when the elusive blue-eyed man approaches and shares information that turns her world upside down. Eventually, Elara realizes that she must tell her only friend, Cyrus, the truth about the mysterious visitor. Will he believe any of it? The elusive man continues to reveal dark secrets about her troubled past, adding a new dimension to their growing relationship. Is she willing to place all of her trust in the one person who pushes her physically and emotionally farther than she ever thought possible? He warned Elara that her life would change forever, but does she have the courage to move forward? *Seeker of Time* is the first installment in the award-winning *Seeker of Time Series*. Filled with startling twists and turns, this epic adventure leaves the readers on the edge of their seat, longing for more.



About Stillness of Time

"I had to believe the good in life always prevailed. I had to believe that in the end, the truth would triumph."

Mystery, danger, and heartache are all things Elara must face now back on Aroonyx. Jax continues to reveal dark secrets that challenge Cyrus's and her trust, pushing them farther than they ever thought possible. Can they keep their identities hidden from Zenith and the Collectors? New and mysterious friends help the twins through their darkest hours, while enemies lurk around every corner. Eventually, Elara and Cyrus discover things are not always as they seem. Unsure of their fate, the twins form an unbreakable bond that over time will be put to the ultimate test. Elara's relationship with Jax evolves to a whole new level, only to be challenged during a life-changing night. Presented with a difficult choice, Elara is forced to make a sacrifice that alters the course of her future forever. Does she have the strength to accept this new fate? Can you truly love someone enough to let them go? *Stillness of Time* is the second installment in the *Seeker of Time* series. Filled with danger, adventure, romance, and heartache, this book dishes out surprise and suspense at every turn, sending readers on an emotional roller coaster that leaves them breathless, longing for more.



About Passage of Time

“Love is the source of our power, and in the end...love always wins.”

Abandoned and betrayed, Elara struggles to let go of the man she loves, while her fearless mentor encourages her to stand against the evil dictator who rules her home planet. To succeed, she must rise above the darkness and trust the voice that hums near her heart. The twins experience a setback after a deadly standoff with the Inner Circle. An act of love transforms Elara’s destiny, and an act of hate pushes Cyrus to his breaking point. Zenith makes a bold move that disrupts the lives of everyone on Aroonyx. Samson takes charge and gathers the citizens to prepare for war. An alliance is formed, and a traitor seeks revenge. A tragic event in the West Village sends Elara tumbling further into the darkness, leaving her to face the masked dealer alone. Outnumbered and out of luck, the twins must rally the recruits to end Zenith’s reign. As the epic battle approaches, the hands of time pause during a life-changing event, and a visitor from the past alters the future. *Passage of Time* is the third installment in the award-winning *Seeker of Time* fantasy fiction series. Meaningful lessons challenge the reader, sending their hearts on an emotional marathon that leaves them sprinting toward the finish line.

Areas of Expertise

- Using the power of the pen to reshape one’s life
- The art of storytelling
- Pitfalls authors face
- Young & new adult literature
- Capturing readers’ attention
- Indie publishing

Sample Interview Topics

- **Establish a Healing Writing Practice**

It's 4:00 am – too early to get up, too late to take another sleeping pill. So you just lie there, exhausted, as your mind flies rapid-fire from one issue to the next: Where will you get the funds to pay for your daughter's last year of college? Why has your husband been so withdrawn? Should you move your mother into a care facility? Why can't you stop eating those cookies at work? Over the past three decades, scientific research has proven that personal narrative writing – the act of writing out your feelings, without paying attention to grammar, punctuation, or sentence structure – is one of the most powerful forms of self-expression, with a healing impact on the mental, emotional, and physical levels. The reason it works, says scientific and medical leaders, is that the act of consolidating thoughts into written language slows down “monkey mind” – that relentless inner critic or worry wart – and helps us organize, understand, and extract meaning from events that otherwise might leave us feeling powerless and heading into a tailspin. In addition, whereas we once thought that our genes were our destiny, we now know that our lifestyle practices, in particular, those which reduce or inflame stress, directly impact whether disease genes will be switched on or off. The implications are tremendous: We are in the driver's seat of our health! And expressing our feelings through writing, experts say, is one of the most powerful methods of creating balance and harmony in our lives, and therefore, optimizing our health. Added bonus: personal narrative writing is free, private, and can be done anywhere anytime! JM Buckler explains the science behind the writing method and additionally lays out the steps for setting up a healing writing practice, in just four weeks – offering added visuals such as beautiful journals, both homemade and store bought, that add joy to the daily ritual.

- **Say Yes to Yourself**

From the day we are born, we are encouraged to follow a standard script and discouraged from veering off course. Social creatures by nature, many of us find the stakes unbearably high for going against the grain: We risk social approval, family support, financial stability, and community belonging – leading many of us to live our lives in “quiet desperation,” seemingly happy and fulfilled on the outside, but feeling hollow and lacking meaning or purpose on the inside. We may ache to step into our authentic beings, but feel confused about who that being is exactly, or how to go about manifesting her/him. We may fear setting out on a new path, because we don't know where exactly our foot will land when we take that first step, and we want assurance that everything will be OK. Through sharing her own transformational journey of initially bowing to fear and conforming to social norms, to ultimately not giving a f* * * and going on to create her own vibrant reality, JM Buckler provides guidance on how to say yes to yourself and find the courage to risk losing your ordinary life, so as to create an extraordinary one.

- **Kiss Your Self-Doubt Goodbye**

Despite knocking out three solid books and walking through life with confidence as an author, wife, and mother, JM Buckler still struggles with self-doubt. It whispers in her ear daily, in fact, like an old enemy poking at her. It no longer controls her or interferes with her life, however, as it used to. Buckler shares the skills and strategies she developed for training her mind to believe in and focus on her vision and to deflate the energy and power of negative messages – whether from inside or outside. Among other considerations, she shares what it takes to assert one’s value, without the implicit endorsement of a major publishing company, prestigious university, or other form of a social crutch – upon which so many of us rely, to establish and internalize our sense of self-worth. As part of this conversation, Buckler discusses the importance of establishing a raw and authentic presence – publicly owning one’s struggles and sharing the process of overcoming them, in the interest of providing guidance and inspiration. She compares this approach with that of conventional motivational speakers, who hone a polished and hyper-accomplished persona – unwittingly cultivating a sense of shame and insecurity among their followers, by seeming too perfect or far-removed from common struggles.

- **Navigate the Indie Publishing Waters**

From being treated as if you are not a “real” author, to being hated for your success, and from desperately seeking time to write, to forcing yourself into a book business mindset, JM Buckler lays out the hidden trappings of the indie publishing industry – helping new authors realistically assess the life and work of an indie author, then figure out how to make it all happen. Among other considerations, she addresses how to develop thick skin in response to critics, while remaining open to useful feedback; how to cultivate a both/and approach to indie and traditional publishing, instead of an either/or mindset; how to focus on writing your book, even while plagued by anxiety about the uncertainty and hard work that lie ahead; how to set your intention, establish your purpose, and find your audience; how to cultivate work-life balance; and how to identify and outsource the work that someone else is far more qualified to do than you.



Sample Interview Questions

1. What is your fantasy fiction series about?
2. What is your newest book, *Passage of Time*, about?
3. What led you to becoming a writer?
4. How did your life change once you started writing?
5. Why did you choose to write fiction instead of non-fiction?
6. Why did you choose to write young adult novels?
7. What sets your books apart from other young adult novels?
8. There are alarming statistics on the increase in rates of anxiety, depression, self-harm, and suicide among today's youth. How do you want your books to help?
9. You teach youth how to use writing as a tool for coping with life's challenges. What is one of the most powerful experiences you had doing this work?
10. What is personal narrative writing?
11. What is the science behind personal narrative writing?
12. How did you develop your own method of personal narrative writing?
13. What do you have to say to non-writers who want to try healing through writing?
14. How can someone use fiction writing to heal from painful experiences?
15. Why do you think most people stick to doing what they are told to do, even when they are miserable? How can they get out of that rut?
16. Your characters jump back and forth between Earth and the planet Aroonyx. How is that jumping a reflection of your own life experience?
17. What advice do you have for those who are ready to take the plunge and follow their calling – in life? in writing?
18. How do you juggle being a wife, mother, and full-time author?
19. What inspired the characters in your books?
20. What inspires you to write?



Forbes Magazine Excerpt

"It comes down to a decision, a single moment, when you choose to risk, to jump, to take charge of your destiny and blow open your world to infinite possibilities, to rip up the script life handed you, and to write your own damn story."

—J.M. Buckler

After years of drifting through life, feeling insecure and lacking a sense of meaning or purpose—always trying to be the image and fill the role that others held out for her—J.M. Buckler took a leap of faith, ripped off the mask of conformity, and dove into the world of her imaginary characters. Through developing their lives, Buckler discovered that she cultivated her own—ultimately finding her calling and passion, transforming her reality, and emerging a grounded and confident young woman.

Buckler's passion goes deeper than writing a bestselling and award-winning series. Her calling is to show others the value of using writing as a tool for healing. Intent on helping foster those skills among youth, author J.M. Buckler has created a fantasy fiction series that she dubs "**secret self-help books**," a GPS of sorts, to help readers navigate through life's hardships. Amidst gripping, suspense-filled storytelling, Buckler's central characters face the gamut of real-life turbulence and trauma that pulls no punches, ranging from domestic violence and sexual assault to suicide and war. Through internal struggles that readers witness along the way, the characters cultivate a spiritual strength they did not know they had at the outset. They are flawed and complex, like most people, and they stumble and fall, even unravel in some extreme cases—making them relatable, as they model both the crushing blows that life can deal and the internal process we must go through, to triumph over circumstance.

Through the process of writing these dramas, Buckler underwent deep healing and personal transformation, on the mental, emotional, and even physical levels—leading her to explore the power of writing as a tool for healing pain and trauma, in particular, among "troubled youth." When Buckler started offering workshops that invited participants to write, and then rewrite, their story, she discovered that even at a juvenile detention center with "dangerous" inmates—she had a marked impact, helping the youth organize their thoughts and reframe their experience of trauma, in turn helping release its grip on them. *Writing*, she discovered, *puts us in the driver's seat of our lives, whether we write fiction or personal narrative, and whether or not we have a talent for writing.*

Most recently, Buckler stumbled upon the work of James Pennebaker PhD, a psychology professor at UT Austin, who pioneered the Expressive Writing method—the act of writing out your feelings, without paying attention to grammar, punctuation, or sentence structure. Three decades of research—published in peer-reviewed medical journals such as the *Journal of the American Medical Association*, and uncannily resembling the programs that Buckler intuitively offered youth—revealed that writing is one of the most powerful forms of self-expression, with a healing impact on the mental, emotional, and physical levels. *The reason it works*, Pennebaker says, *is that the act of consolidating thoughts into written language slows down monkey mind and helps us organize, understand, and extract meaning from events that otherwise might leave us feeling powerless and heading into a tailspin.* And as an added bonus: Expressive Writing is free, private, and can be done anywhere, anytime.

JM Buckler has been featured in top media including ABC, NBC, and Fox. She is the award-winning author of *SEEKER OF TIME*, *STILLNESS OF TIME*, and *PASSAGE OF TIME*, young adult fantasy-fiction books which have received praise from the likes of Kirkus Reviews, and which have been best-selling books on Amazon. Game-changers in the young adult marketplace, Buckler’s novels combine electric storytelling with deep spiritual lessons and meaningful takeaway on how to cope with life’s hardships—addressing everything from betrayal and heartbreak, to violence and death.

Buckler offers writing-based programs to diverse audiences—teaching how to use the power of the pen to reshape and reclaim one’s life, as Buckler did when she began her own writing journey. To find out more visit her website at www.jmbuckler.com



Awards

Literary Titan Silver Star Award

“The Silver Award is bestowed on books that expertly deliver complex characters, intricate worlds, and thought provoking themes. The ease with which the story is told is a reflection of the author’s talent in exercising fluent, powerful, and appropriate language.” *Literary Titan*

[Award Link](#)

Literary Titan Gold Star Award

“The Gold Award is bestowed on books that we found to be perfect in their delivery of original content, meticulous development of unique characters in an organic and striking setting, an innovative plot that supports a fresh theme, and elegant prose that transforms words into beautifully written novels.” *Literary Titan*

[Award Link](#)

[Award Link](#)

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Editorial Reviews

SEEKER OF TIME

“A solid beginning to a sci-fi series, with the promise of more adventures to come.”

-Kirkus Reviews

“Seeker of Time by J.M. Buckler is an enthralling and fascinating story of science fiction, relationships, and action.”

-Literary Titan

“The author has an excellent ability to build suspense and keep you engaged.”

-Readers' Favorite

STILLNESS OF TIME

“The gifts bestowed upon the characters by the author are something to behold.”

-Literary Titan

“...Stillness of Time provides an excellent, exciting adventure of teenage discovery, mystery, and adventure.”

-Readers' Favorite

PASSAGE OF TIME

“The sheer amount of detail and engagement in this book is pure astounding.”

-Literary Titan

“A pleasingly complex entry in a YA SF epic.”

-Kirkus Reviews

