

# Press Kit for Chris Posti

***Falling Apart, Falling for You***  
by Chris Posti

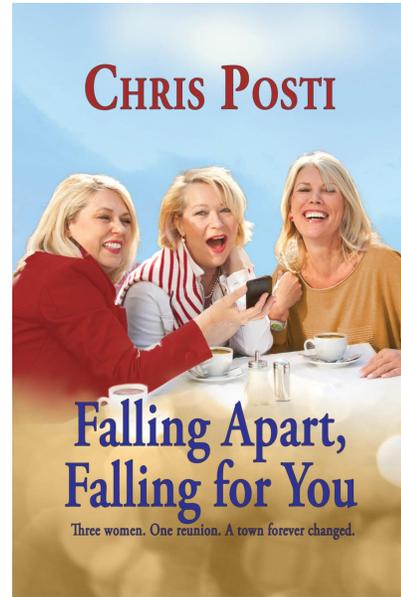


## Author Bios

**Short Bio:** Chris Posti has written non-fiction books, a newspaper column, business presentations, and speeches. During the pandemic, finding so few clean, fun reads with a touch of romance and faith for mature-age women, she decided to fill the gap by writing one herself.

**Medium Bio:** Chris has authored two non-fiction books, a newspaper column, a workbook for her clients, and given speeches to as many as two thousand. She's also jumped out of airplanes, ziplined near the Equator, hosted a radio show, and lived for four years in Switzerland. Bored during the pandemic, she yearned for a new challenge, so she wrote her debut novel, *Falling Apart, Falling for You*.

**Long Bio:** Chris Posti began her writing career at age eight, when she gave her mother a book of poems she'd written in pencil on a lined yellow tablet. Since then, Chris has authored two non-fiction books, a workbook, a Sunday newspaper column, and dozens of articles. Self-employed for 30 years as an executive coach, job search consultant, and public speaker, she turned in her high heels and leather briefcase to write her debut novel, a fun and clean read with a touch of romance and faith. The story tells about three women, now 57, who had been best friends at St. Cyprian's Academy in Port Mariette, a small and shriveling blue-collar town southwest of Pittsburgh. The women's fortieth high school reunion brings transformation to them and their town.



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## Suggested Interview Questions

1. You just turned 70. What caused you to become a novelist at this point in your life?
2. What inspired the content of *Falling Apart, Falling for You*?
3. How did you come up with that title?
4. What do you hope readers will get from reading this novel?
5. How did you develop the three main characters—Suzanne, Rachel, and Marla?
6. How did you develop the plot?
7. Do you have a favorite character or scene?
8. How did the novel change from the first draft?
9. Who would probably enjoy reading this novel and why?
10. Is *Falling Apart, Falling for You* part of a series?
11. Your book is available on Amazon—anywhere else?

## Author Q&A

1. You just turned 70. What caused you to become a novelist at this point in your life?

Blame it on the pandemic. I suddenly had spare time to do more reading, and struggled to find women's fiction with main characters over age 50. I decided to fill that void with three women in their late 50s, along with minor characters of all ages.

2. What inspired the content of *Falling Apart, Falling for You*?

Chairing my 45<sup>th</sup> high school reunion surely provided the seed of an idea, and I jokingly tell my high school friends I just changed their names for my book. The truth is, everything in there is fiction, even though each character and each scene came from some part of me—whether it was something I experienced in my own life, or heard about, or read about.

3. How did you come up with that title?

The book's working title was *Baby Boomer Reunion*, but before submitting it to a publisher, the title *Falling Apart, Falling for You*, which is a better reflection of what happens in the book, popped into my brain. In the first three chapters, each of the main characters is a mess: Suzanne has lost her job, Rachel's husband has died, and Marla has gained a fortune but lost her purpose in life. By the end of the book, they are each in some stage of a romantic relationship, but more importantly, they are each transformed within.

4. What do you hope readers will get from reading this novel?

As we age, our society tends to devalue us, but this book encourages us not to buy into that belief system. We can still change, grow, and have rich lives and marvelous experiences at any age. This includes our mental, physical, emotional, and spiritual selves.

5. How did you develop the three main characters—Suzanne, Rachel, and Marla?

I wanted them to be different but also have some things in common, like being best friends in their senior year. Suzanne is the cute, flirty one who loves to talk, travel, and draw. Rachel loves predictability, praying, and family—and cooking, which is both a blessing and a curse to her. Marla is sexy, smart, and successful but old secrets threaten to undo her and others.

6. How did you develop the plot?

I had a vision of the framework of this novel, but somewhere around Chapter 4, the characters took over and told me what to write next. The ending surprised even me!

7. Do you have a favorite character or scene?

I love each of the three main characters for who they are and who they strive to become. Just as with real people, I like some aspects of their personality or behavior better than others. Rachel, for example, loves to be of service to others—but if anyone wrongs her, she’s notorious for holding onto a grudge. As for favorite scenes, it’s a toss-up between the reunion itself which is funny and surprising, and the epilogue, which is a touching, emotional scene that wraps up the story with a bow.

8. Who would probably enjoy reading this novel and why?

Women in their 50s and up are the likely audience, although men and younger women have also told me they really enjoyed reading it. That makes sense, as there are plenty of other intriguing characters of both sexes and all ages who play lesser but key roles. Still, the fact is, I wrote this novel for mature-age women who want a fun, clean read, with a big dose of romance, faith, and inspiration.

9. Is *Falling Apart*, *Falling for You* part of a series?

Yes. I’m working on the second book now, which should be released in 2023, and there will also be a third book after that. All three books will have the same three main characters. *Falling Apart*, *Falling for You* highlights Suzanne; the second novel will highlight Marla; and the third, Rachel.

10. Your book is available on Amazon—anywhere else?

The book can also be purchased on my publisher’s website. Elk Lake Publishing’s site is <https://elklakepublishinginc.com/>.

# Falling Apart, Falling for You

*Piece together the future you want.*

## Synopsis

Not much has changed in tiny Port Mariette, Pennsylvania, since Suzanne Matthews, Rachel Baran, and Marla Galani graduated from St. Cyprian's Academy and went their separate ways—until the women, now age fifty-seven, renew their friendship while preparing for their fortieth high school reunion. The three support one another and their town throughout a wild assortment of trials and transformations.

Suzanne, yearning to marry a man who will not disappoint her, is confident Adam Pederson is her ticket, but he stuns her with a revelation that ends their relationship. She meets Rob Jackson on a business trip, but he lives 3,000 miles away and is still involved with his ex-wife. Suzanne would be less emotional about all this if she hadn't recently lost her job, had a rift with her daughter, and realized her relationship with the Lord was an inch deep. She grows spiritually and reinvents her career, becoming a full-time artist.

Just a few years after Rachel's youngest son passes away due to a drug overdose, her husband suddenly dies, leaving her alone with her grudges, an aging body, and a reduced income. Change comes hard for Rachel, yet she manages to expand the family gas station by adding a convenience store stocked with homemade foods. Still, the embarrassment of her oldest son's divorce, a car that won't start, and the shock of Marla's revelations compel Rachel to cry on her neighbor Frank's shoulder.

Marla sells her successful New York City business, nearly dies in a limo accident, and realizes how hollow her life is. She searches for the girl she gave up for adoption forty-one years ago and finds her in Port Mariette, but Grace won't allow Marla to make their relationship public—until Marla's Aunt Adele intervenes. Marla cares for her injured aunt and makes plans to convert her deteriorating Victorian home into a day spa. As Marla replaces selfishness with selflessness, she becomes enamored with the tiny town where she was marooned in her senior year, while still juggling her time and her fortune in Manhattan.

A new highway is under construction nearby, and all three women have their own reasons for wanting Port Mariette to be one of the exits, but the town's formidable mayor and owner of the local country club, Penny Frampton, stands in the way.

The three women hatch a plan to overcome Penny's objections to the highway exit. The strategy unfolds during the high school reunion, but right before it, Marla reveals secrets she's withheld from Rachel all these years. Rachel wants to hold onto her grudges, but at the reunion, Marla rescues Rachel after an embarrassing fall, and she finally learns to forgive and forget. Addressing her classmates, Suzanne presents an exciting scenario for revitalizing the town. Penny steps to the mic and commits her support for the new highway exit.

Six months later, the three women come together again in Port Mariette. The highway exit has been constructed and the town bustles with visitors. Suzanne has been living in a California casita near Rob, but she also spends time in Pittsburgh where her new granddaughter lives, as well as in Port Mariette, where she sells her artwork at her sister's consignment shop. Rachel has turned her gas station into a tourist stop where she sells her pasta and pierogi dishes, and makes time to play canasta with her companion, Frank. Marla has opened her day spa, which her daughter Grace manages, and reignited a relationship with Warren, her lawyer in Manhattan.

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## Endorsements

“A witty novel featuring relatable characters and surprising twists—everything from sharing shame-filled secrets, hobbling through grief, growing a fledgling faith, and the joys and trials of enduring friendship. *Falling Apart, Falling For You* will capture your heart and encourage you that it’s never too late to make a fresh start.”

Sarah Hanks

Author of *Mercy Will Follow Me*, *Mercy's Song*, and *Mercy's Legacy* (coming winter 2022.)

“You'll want to gather Suzanne, Rachel, and Marla into your arms for a group hug as you cry about their past heartaches, then cheer while they embrace challenges, victory, and the promise of love to come. A celebration of old friends, fun times, and a faith-filled future!”

K.L. Gilchrist

Author of *Thick Chicks* and *Engaged*

“Three close high school friends find each other after forty years. Three very different women, three types of families; gut-clenching challenges and fun; sorrow and hope. And re-blossoming faith. All wrapped together in a delightful fortieth high school reunion. This story will tickle your spirit and touch your heart.”

Kathy McKinsey

Author of *All My Tears*, *Millie's Christmas*, and *Gifts of Grace*.

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## Excerpt – *Falling Apart, Falling for You*

As soon as Suzanne entered the country club, she zeroed in on the empty registration table next to the ballroom door and plunked her box of nametags on it. She'd already alphabetized them and stacked them like soldiers, all the names typed in a forty-eight-point font.

She spotted Rachel inside the ballroom.

"I saved you a seat," Rachel mouthed, pointing to a table near the stage.

Suzanne threw a thumbs-up, then delicately seated herself on a chair of cracked faux-leather, possibly purchased sometime before their graduation. She flipped through the yearbook photos one more time then set the book aside, confident she'd be able to connect names with faces.

Classmates began filing into the foyer. Just as in high school, Nancy Samson, Kim Kryzwicki, Jamie Spagna, and Carol Delano arrived in a pack. Suzanne hoped the rest of the classmates would be as easily recognizable as this foursome. She welcomed them and handed them nametags along with their meal choices and two drink tickets apiece.

Walt Celinski, owner of the *Port Mariette News*, strode to the table a moment later, camera dangling from his neck.

"Hi, Walt. "We're lucky you graduated in our class. Thanks for taking photos tonight." Suzanne smiled as she handed him his nametag.

"My pleasure." Walt tipped his head and pinned on his nametag. "It'll be on the front page tomorrow—unless something shocking happens between now and print time." He chuckled.

"What'll the headline be?—*Finally, after forty years?*" Suzanne asked, as Walt shrugged. "I dunno. I just write the stories. My wife writes all the headlines and captions. Rosemarie's far more clever than I am." He stepped away to make room for Mary Frances, attired in a bright polyester ensemble, strikingly similar to the outfit Marla had forbidden Rachel to wear.

“Hi, Suzanne. I’ll be over there if you get overwhelmed.” Mary Frances pointed toward the other side of the ballroom door as she picked up her name tag.

“So kind of you.” Fake smile. “I’ll let you know. Pretty corsage, by the way.” A lie. White one.

Mary Frances looked down at the pink carnations straight-pinned to her dress as she moved to her station. “Thanks.”

Next, a rotund man with a wide band of white fringe approached the table, grinning, with his hands resting on his stomach. He reminded her of a Franciscan friar who used to speak sometimes at St. Cyp’s. One time Marla had made fun of him, causing Suzanne to laugh out loud and Sister Mary Edmund to send them both to detention.

Suzanne scrunched her face. Something about this fellow’s dark brown eyes seemed familiar. “Tony?”

“It’s me.” He beamed. “I wasn’t sure you’d recognize me. I’ve put on a few pounds.”

Suzanne maintained her poise, as if addressing an audience. “We’ve all changed.” She shrugged then smiled. “Inside and out.” As she handed him his nametag, he brushed his hand against hers. No spark, just a tug of nostalgia.

Tony kept staring, though. “You—you look amazing.”

“Oh, thank you.” Suzanne glanced to his left and right as other classmates milled about waiting to register.

“Well, maybe we can talk later, when you’re done here.” Tony swiped a hand across his forehead. “How about I save you a seat?”

“I think Rachel already has a table saved. Why don’t you flag her down and find out where it is?”

Smiling broadly, Tony nodded and lumbered into to the ballroom.

A ruggedly handsome man appeared at Suzanne's left side. His eyes twinkling, he grinned.

"Recognize me?"

*Boring Bill.* He'd always been tall, but now he was fit, well dressed, and self-confident. Plus, he had all his hair. "How could I forget you, Bill?" Suzanne fluttered her eyelashes as she waved his nametag with her manicured fingertips.

"You've certainly held up well." Bill's eyes ran all over Suzanne.

"Thanks, Bill. You look pretty terrific yourself."

He leaned toward her. "How about I buy you a drink when you're off duty?"

"Sounds wonderful." She tilted her head. "Rachel's saving a table. Why don't you join us?"

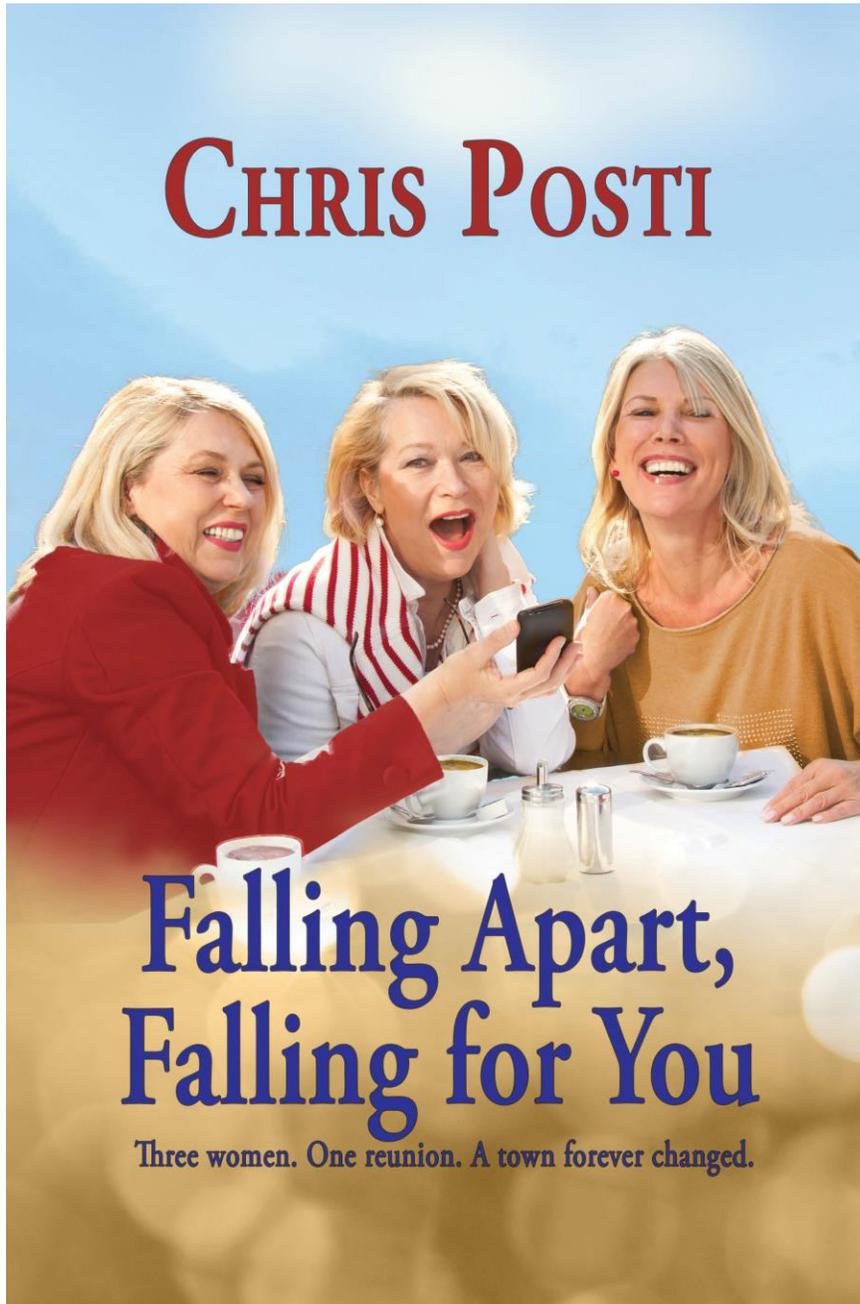
"I'll snag a seat next to you." He winked at her and strode toward the ballroom.

## Author Photos



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Cover Image



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