



I am the author of *Resilient and Real: Surviving Child Abuse* but, being diverse in my purpose and person, I am also photographer, student of life, true believer, freelancer, gardener, and reader. I, like my readers, love the beautiful but am aware of that which we often think of as unbeautiful about us and in our lives.

Y. Hope Osborn

Publishing Inside Out

PORTFOLIO

Resilient and Real

Table of Contents

Reflection of Study in Publishing Inside Out Course	Error! Bookmark not defined.
Book Proposal	1
<i>Ideal Publisher</i>	1
<i>Title and Subtitle</i>	1
<i>Elevator Pitch</i>	1
<i>Description of Book</i>	1
<i>Target Audience</i>	2
<i>Survey of Related Titles</i>	2
<i>Outline of Book</i>	3
<i>Special Features</i>	4
<i>About the Author</i>	4
Chapter Sample	5
<i>Crusader, Knight, and Rescue</i>	5
Cover Design Memo	7
Cover Mock-Up	8
Marketing Assessment	9
Marketing Plan Task List	11
Author Website Plan	12

Book Proposal

Ideal Publisher

Sourcebooks is a trade publisher that engages in wide variety of contemporary issues through fiction and nonfiction to educate and inspire people. Their mission is “to reach as many people as possible with books that enlighten their lives.” As such they may be interested in a book of essays that validates, encourages, and informs other abuse survivors through personal stories.

Sourcebooks is the opportunity to publish a variety of subjects and use both digital and print mediums, which I hope to span for accessibility and privacy issues of my readers. They accept author submissions, regardless of having an agent. Their ranking 10th on top publishers list, with a rich 30-year history, led by the CEO who started the company herself, inspire hope that they may consider a new author such as myself.

Title and Subtitle

Resilient and Real: Surviving Child Abuse

Elevator Pitch

We are survivors of abuse.

We think we are alone and crazy.

We don't know we are resilient and real.

But, as a survivor, I know.

Description of Book

Resilient and Real: Surviving Child Abuse is essays of personal stories of abuse, the traumatic aftermath, and the resilience of life. *Resilient and Real* reaches out to women looking for answers for difficult issues and who want to believe in a better life. Readers find both the ugly and beautiful. I lead readers through the stories artistically, honestly, and vulnerably. Most of all, readers see someone else telling the story they want to tell for themselves.

I am your friend, not a lecturer. I know useful things from reading, some schooling, psychiatrists, and therapists, but I know better what it is like to personally experience trauma. Surviving physical, emotional, mental, psychological, sexual, and/or spiritual abuse is thriving and hoping, not despite, but in the midst of PTSD symptoms and mental illness that torments your life.

The essays share my stories as well as what they mean for me. I was only 5 when, because I said “no,” despite the lack of defiant tone, I was locked out of my home and told to fend for myself, and, suddenly, felt shock and shame as I wide-eyed faced a big, scary world I had been innocent of. I was 40, creating a timeline of events to grieve, when I was overtaken by formerly blocked images, horror, and mentality of the grade school kid, being sexually abused. I unguardly share keeping intimate company with Post Traumatic Stress Disorder as a result.

Resilient and Real is for survivors and those who care about them; it is for those of us who feel or have felt alone and crazy. It is for those of us who endure the symptom of separating yourself or disassociating from self and events, keeping them at bay until one day it intimately bursts upon your

mind and senses. It is for those of us who suffer meaningful nightmares that plague our restless sleep, such as my “grey dreams.”

Together we learn that part of surviving is our continuing life, such as special Christmases or 9-11. We survive daily just living the next step. We suffered, and we do suffer. It is not okay, but we will be.

Target Audience

Survivors of physical, psychological, or sexual abuse need validation, reading of other survivor experiences, of the effects of that abuse, and of life during and after abuse. They need approachable survivors to show them how someone tells the story they long to tell of themselves. They try to find answers to challenging issues, hoping for a better life, and they appreciate beautiful things for themselves and in things around them, wanting a beautiful life. They want to be led by the hand by someone who speaks to them in language that is artistic, down-to-earth, and vulnerable.

My readers are probably 25-50, at an age where they are seeking, and they are female, because of the type of abuse and the issues books like mine wrestle. They are amidst a busy life and in the midst of the challenges of being survivors and/or dealing with mental illness, so they tend toward reads allowing for short bursts as they feel compelled and have time.

My audience of female survivors of the trauma of abuse long for someone to speak to them in a language they understand wherever they are in their journey.

Survey of Related Titles

If I Could Tell You How It Feels: My Life Journey with PTSD
Alexis Rose, Amazon Digital Services LLC, 16 Jan. 2018

Alexis Rose, comparatively to my book, openly and honestly, chronicles her experience with the effects of and life challenges in the trauma of abuse. She worked with an artist to “add a dramatic and soulful dimension” to her book. This book complements her memoir of the tragedies that befell her. My book also includes these aspects as well as combining personal stories about the effects of abuse. Its format of story leading to ways of relating it to survivors’ lives is segmented, making the book accessible and easy for busy readers.

Thin Places: A Memoir
Mary DeMuth, Zondervan, 4 Jan. 2010

Thin Places is a spiritual memoir that, like my book, is combination memoir and personal insight in a story format that winds a path through different experiences in varying time order. She also seeks to connect with her readers through her story spiritually. My book, while including the topic of spirituality, in fact, my own faith conversion. It does not overwhelm the reader with spiritual references, making it broadly accessible to both spiritual and general audiences. My story of beliefs comes from a place of understanding most people, particularly survivors, wrestle with this topic at some point in their lives.

Island of Bones

Joy Castro, University of Nebraska Press, 1 Sept. 2012

Joy Castro expresses her story and its meaning through personal essays that explore identity, spiritual abuse, and various traumas. Our books are similar in the way that we express our stories in essay form and address issues that survivors deal with; however, where *Island of Bones* focuses on her story in the larger context of society, my book simply connects with survivors who for the most part find it difficult to see their personal trauma beyond the larger context of their immediate lives. My readers connect with survivors, such as myself, on a very personal level.

Complex PTSD: From Surviving to Thriving

Pete Walker, Azure Coyote Publishing, 18 Dec. 2013

Pete Walker writes from a place familiar to me—with complex PTSD, showing its effects and giving practical tips in recovery. The help in my book, though, is not a self-help in the respect that I am an expert in the field, like Walker, but it is as one who wrestles with PTSD, as among my readers whom I encourage to not be afraid of their own story. My book gives the common PTSD of survivors, as well as, extending a personal insight that only offers up what I learned for myself.

Outline of Book

Resilient and Real is five chapters on 3 topics—“Survivor Stories,” “Trauma’s Entanglements,” and “Lessons Learned.” Survivor stories break up the chapters to depict how abuse trauma isn’t something you bracket in one space of time. Within these five chapters personal stories follow with the meaning I made of them.

“Survivor Stories” shares separate personal stories of 1) finding love in the strangest place and discovering a part of myself, 2) remembering Christmas holidays where I discover safe others, and 3) facing a different kind of trauma—9-11. Finally, “Survivor Stories” shares brief pictures of famous traumatized people who contributed meaningfully to society.

“Trauma’s Entanglements” is four individual personal stories, each offering sufferings as a child and traumatic after-shocks as an adult. I round out the four stories each with how I understand those abuses and post-traumatic stress disorders in the scheme of my life now.

“Lessons Learned” follows on the heels of the traumatic, showing how I lead my life because and regardless of events that shape but don’t define me. Learn with me how 1) abuse doesn’t define us, 2) abuse affects the choices we feel we have, 2) trauma impacts us spiritually, and 4) trauma leads to unexpected paths. Each story finishes with a pause for thought about how we want our lives to unfold, following abuse and in the midst of dealing with the resulting trauma.

Table of Contents

- Preface
- I. Survivor Stories: Sunshine in the Shade
 - A. “Crusader, Knight, Rescue”: You Are Not Your Abuser
- II. Trauma’s Entanglements
 - A. “Locked Out”: Abuse Intertwines Life
 - B. “Abuses”: Not for the Faint of Heart
 - C. “Broken Bones”: Abuse is to Your Health Too
 - D. “Going Crazy”: Post-Traumatic Stress Disorderly
- III. More Survivor Stories: More of Life
 - A. “Christmas Gifts”: Others
 - B. “9-11--Ghosts”: Life Goes On and Other Tragedies
- IV. Lessons Learned
 - A. “The Violin”: You Are Not Your Abuse
 - B. “Leaving”: What I Wish and What Happens Next
 - C. “Factually or Faithfully”: Spirituality
 - D. “The Way Out to the Way In”: Turning Lemons into Lemonade
- V. Final Survivor Stories: You Are Not Alone
 - A. Other Survivor Stories: Be Your Own Survivor Story

Special Features

With the beginning of each story/chapter, I prefer a small rough sketch of a scene in the story to lend greater impact imagining the scene. The sketches empower the senses for readers who better empathize through visual imagery.

About the Author

Y. Hope Osborn graduated summa cum laude with a bachelor’s degree in professional and technical writing and is a grad student in the Professional and Technical Writing Program at the University of Arkansas at Little Rock. Her career as a freelancer, writing, editing, and designing, allows her to work around health problems, resulting from a history of trauma. She relates to child abuse survivors through her personal history of trauma. Her highest goal in writing is that she would learn not just to be an adequate writer, but that she would be a *great* writer with whom people can trust to reveal life in new, engaging ways.

Chapter Sample

Crusader, Knight, and Rescue

Surprise is on my side, though I don't know it. Fierce words fight in a face-off of second-graders.

This is Camelot. I am not the shy, quiet girl on the sidelines of the East Texas schoolyard. In Camelot, courage reigns king, heart loosens fervor, and brain decides crusade.

The fierce words crusaded with courage and fervor are mine. Yet moments before, I am the victim. An abusive home teaches me to keep my head down and to contain myself. An abusive home teaches me resistance is dangerous. An abusive home teaches me I am on my own. For me there is no crusader, knight, or rescue. But being a victim doesn't keep me from being crusader, knight, and rescue for other victims.

Victim now fights for victim.

I never know her name, never know her character, and never know her friendship. I don't know why these kids choose her or that time to brutalize with vicious words. I don't know what this victim feels about her counterparts.

The battery of kids tells me what they feel about her.

Until that moment, I, a second-grader of the 1980s and an abuse victim, don't know what I feel about her. The battery of white kids is victimizing someone who is alone. The battery of white kids is slinging racial slurs against a black girl. Until that moment, I don't know there is black, white, or any other label for people.

The battery of white kids incites in me a movement that we later learn has historical precedence and context. The battery of white kids incites in me a stand—a stand I later take at other times for other victims and eventually for myself.

There is no between thought and action. I don't think. Instantly red hot with rage, I launch, ready to take on the invaders. I am not the reticent victim or loner.

As they push the girl backward, I surge forward, fueled by emotion and unconscious right. Later, I don't remember my words. They stop. They grow silent. They scatter as if never there. And I leave Camelot and am the shy, quiet girl on the sidelines of an East Texas schoolyard.

I finish my school day and return to the abusive world that is home. But that day I experience my own first knight, crusader, and rescue.

At home, the streets are the playground. I am alone in my playground. Suddenly, down the street appears a group of kids of various ages. They come toward me, straight down the middle of the street. They are all black. It may mean danger, if I stand in their way. I am a victim, though, and I freeze when

afraid. I stand frozen and uncertain what this means for me. Did I do something wrong? Do they know my name, know my character, or know my friendship?

The battery of white kids doesn't know they incited a movement. They incited a stand.

Suddenly, the fellowship of youth is with me, and the element of surprise is on their side. They tell me what they feel about me. They take turns introducing themselves and hugging and thanking me. They are family and friends of the girl attacked.

I stand alone, a victim of brutal parents, and I don't know hugs and appreciation and family. For the first time in my life someone rages against my attackers. For the first time in my life, I feel safe and loved.

This is Camelot, and here there are no victims—only victors.

Cover Design Memo

Book title: Resilient and Real

Book subtitle: Surviving Child Abuse

Trim size: 6 x 9

Primary audience:

My readers are probably 25-50, female, and either because of a busy life and/or an emotionally challenged life, tend toward quick easy reads. These are survivors of physical, psychological, or sexual abuse, needing validation and to read about other survivor experiences, the effects of that abuse, and life during and after abuse. This audience needs an approachable, down-to-earth, and vulnerable experience. This audience is seeking answers to challenging issues, hoping for a better life, and they appreciate beautiful things for themselves and in things around them, wanting a beautiful life. My audience of female survivors of the trauma of abuse long for someone to speak to them in a language they understand wherever they are in their journey.

Visual story:

Resilient and Real: Surviving Child Abuse's visual story is one of childhood vulnerability and survivor nurture, adult life with child abuse effects, and plain reality with potential beauty. The visual story needs to convey the author's down-to-earth message, connecting with the reader in an intimate way. The stories of surviving physical, emotional, mental, psychological, sexual, and/or spiritual abuse are of resilience; it is thriving and hoping, not despite, but in the midst of PTSD symptoms and mental illness that sometimes afflict your entire life.

Visual elements:

In a similar vein as the following sample, the book should convey the fragility of childhood innocence through elements, such as, a picked flower, bird's nest of eggs, or melting snow. These earthy elements also convey the message of the book being a down-to-earth and approachable read. It is preferable to include some element of a plain dressed child or woman, such as unadorned hands or the perspective of looking down at a lap and shoes that are casual and comfortable in style and color. This adds the humanity—a real personal touch.

The included mock-up is of a woman in muted brown clothing, holding close to her body, cupped in both unadorned hands, a small bird's nest with four small eggs. The woman herself is every woman who on a day to day basis handles the vulnerability and immediateness of her life and challenge childhood issues. The graphic is also about a down-to-earth, approachable author and simple message. Finally, this image resonates with survivors' desire for a attainable beauty in life.

Typographical elements:

As with the mock-up included the title and subtitle needs to be artistically conveyed in how they are placed and in what typeface they are written. Though for titles and subtitles you normally use sans serif type, a simple, but elegant or artistic font continues the message conveyed by the image and the text itself. The by line is not in bold or extravagant typeface, because it is not about the prominence of the author as much as the importance of the message. The font color is a soft white, but it could also be another muted earthy tone. Limiting the text on the cover to the title, subtitle, and by line also impresses the reader with the idea that the book itself is not a complicated read.

Cover Mock-Up

Resilient and Real



Surviving
Child Abuse
Y. Hope Osborn

Marketing Assessment

Website

My websites include an infrequently used general subject Wordpress blog, a Wix undergraduate e-portfolio, and a current LinkedIn page. As I complete my graduate course work, I am creating a graduate e-portfolio that may turn into an all-purpose e-portfolio.

I do not have, however, a professional website, bringing the best of all of those together. I also do not yet use analytics to track my traffic except with the blog.

Mailing List

I have only the email addresses of friends and contacts for my day to day communications. I do not have a list, per say, of email addresses of those interested in knowing about myself or my coming book. I *am* registered to take a class at the library for MailChimp on May 22, 2018. Once I familiarize myself with this program, I can better organize this aspect of marketing.

Blog

Though I currently have a blog, I do not regularly add content to it. I have 40 followers, with the topics of faith, principle, and uncertainty being popular topics. It is presently a general topic blog that needs to be pared down to a few consistent topics related to my professional profile.

Three topics that combine who I am with what readers want are faith, including uncertainty in, beautiful things, and events of the and my every day, and simplified answers for common, complex questions.

Social Media

Social Network	Yes or No	Number of Fans/Followers
LinkedIn	Yes—Is linked to other sites.	52
Facebook	Yes—Need to create professional Facebook page to increase friends and regularly post.	11 friends on personal account used mainly to follow groups and organizations.
Twitter	No—Need to get involved.	
Goodreads	No	
Instagram	No	
Pinterest	No	Account nothing on my board.
Tumblr	No	
YouTube	Yes	Little used.
Snapchat	No	

Content

I have little time to devote to keeping content alive, but any time is better than the lack of time I currently focus on it. The 30 minutes average per day I can devote to it has to suffice until I am successful enough to have an assistant. I do have on my side good technology and software experience.

Marketing Plan Task List

Website

- ✓ Create a professional website
- ✓ Tap into analytics software

Mailing list

- ✓ Build a mailing list
- ✓ Employ email software
- ✓ Add a way for people to sign up on my mailing list
- ✓ Communicate more with subscribers
- ✓ Take MailChimp class at library on May 22

Blog

- ✓ Write blogs a couple of times a month or more on content described before
- ✓ Make a list of sites where you can guest blog (where my readers hang out)
- ✓ Create new or update old blog

Social Networking

- ✓ Develop content plan
- ✓ Post daily or several times a week
- ✓ Sign up for two or three social networks
- ✓ Make sure the profiles are as completely filled as possible
- ✓ Reach out to your network and start linking with people

Other:

- ✓ Check out lynda.com for courses to improve on marketing.
- ✓ Take library courses relevant to marketing—signed up already for many this summer
- ✓ Take graduate course on marketing—my intended cognate courses
- ✓ Semester Fall 2018 take personal essay course to help juice up ideas for content.

Author Website Plan

Audience and Purpose

I am an author, photographer, student of life, true believer, freelancer, gardener, and reader. These are the things I will communicate about myself in my website—not just as an author of *Resilient and Real*, but as someone who is diverse in my purpose and person. I will present myself as someone who, like my readers, loves the beautiful, but is aware of that which we often think of as unbeautiful about us and in our lives.

My readers are probably 25-50, female, and either because of a busy life and/or an emotionally challenged life, tend toward quick easy reads. These are survivors of physical, psychological, or sexual abuse, needing validation and to read about other survivor experiences, the effects of that abuse, and life during and after abuse. This audience needs an approachable, down-to-earth, and vulnerable experience. This audience is seeking answers to challenging issues, hoping for a better life, and they appreciate beautiful things for themselves and in things around them, wanting a beautiful life. My audience of female survivors of the trauma of abuse long for someone to speak to them in a language they understand wherever they are in their journey.

Site Plan

1. Home Page
 - 1.1. Home Page: Graphics and My Own Photography
 - 1.2. Home Page: Social Media, Blog, and LinkedIn links, using above-mentioned
 - 1.3. Home Page: ?? Most Recent Blog
 - 1.4. Home Page: Quote(s) from others and myself to target audience
2. About Author Page
 - 2.1. About Author: Connect with reader
 - 2.2. About Author: Bring out my personality--not just professionalism
3. Books Page
 - 3.1. Real and Resilient
4. Professional Life Page
5. Contact Page

Home Page Content

The graphic design conveys a down-to-earth message, connecting with the reader in an intimate way. The stories of surviving physical, emotional, mental, psychological, sexual, and/or spiritual abuse are of resilience; it is thriving and hoping. It is life, the kind of life that comes from the God's creation, that is the visual story. This message of resilience will extend to my overall life story that will include other books not necessarily catering just to the one type of book.

Floral, curly-cue, arboresque, gentle weather and scenery in soft and colorful hues will decorate the pages against a soft and very light background. There is an expansive image for the home page header, and smaller images for links to social media, blog, and LinkedIn links.

Quotes to be determined about life, writing, creativity, growth, beauty and/or creation are to grace all the pages, but sparingly.

A couple of sentences to be determined will encapsulate what the web page and author are about.

About the Author Page Content

I am a writer, freelancer, gardener, reader, student of life, photographer, and true believer. I love to take the seemingly insignificant or only just surviving and bring it to life, in writing, gardening, and everything that comes by my hand.

Being a freelance writer, editor, and designer allows me to work around health problems—a likely result of my history of trauma. As a childhood abuse and life trauma survivor, I relate to others who experience similar traumas and am empathetic with all trauma survivors.

I graduated summa cum laude with a bachelor's degree in professional and technical writing, and I am a graduate student in the Professional and Technical Writing Program at the University of Arkansas.

My greatest goal in writing, though, is that I not just an adequate writer, but that I am a great writer whom you trust to reveal life in new, engaging ways.

I need to work on creating personal images, perhaps of me with my hands in the dirt gardening and/or me holding a camera pointed towards a scenic view as if photographing, for starters.

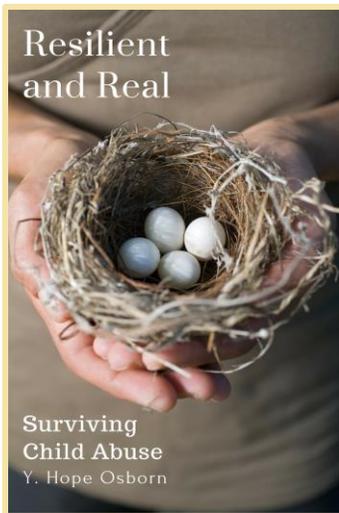
About the Book Page Content

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But, as a survivor, I know.



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I am your friend, not a lecturer. I know useful things from reading, some schooling, psychiatrists, and therapists, but I know better what it is like to personally experience trauma. Our surviving physical, emotional, mental, psychological, sexual, and/or spiritual abuse is thriving and hoping, not despite, but in the midst of PTSD symptoms and mental illness that torments your life.

Memoirs tell the story, but I share what they mean to me. I was only 5 when, because I said “no,” despite the lack of defiant tone, I was locked out of my home and told to fend for myself, and, suddenly, felt shock and shame as I wide-eyed faced a big, scary world I had been innocent of. I was 40, creating a timeline of events to grieve, when I was

overtaken by formerly blocked images, horror, and mentality of the grade school kid, being sexually abused. I unguardedly share keeping intimate company with Post Traumatic Stress Disorder as a result.

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We know that part of surviving is our continuing life, such as special Christmases or 9-11. We survive daily just living the next step. We suffered, and we do suffer. It is not okay, but we will be. We really will.

Page header may be same image and quote as Home Page.

Plus, I may think ahead about what I may want to write about next and give a teaser of “To Come.”