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So recently, as a way of doing this, my lovely partner whisked me away to Esperance for a few days. I had the most awesome time away and this was exactly what I needed. I came back refreshed and with some absolutely great ideas for editing my manuscript. If you ever get a chance to visit Esperance, its well worth it.  https://gallery.mailchimp.com/3ef5b056a249884a41ad5c83c/images/c58782d5-f286-4120-aaec-2799762ea460.jpghttps://gallery.mailchimp.com/3ef5b056a249884a41ad5c83c/_compresseds/ce2f6b91-b4c6-4cbf-b8cf-9018aca85571.jpghttps://gallery.mailchimp.com/3ef5b056a249884a41ad5c83c/images/22e3faad-9c63-45e9-94a5-ac89214e035c.jpg https://gallery.mailchimp.com/3ef5b056a249884a41ad5c83c/images/9afe9f40-dc1d-4bdb-a9b0-3d5695bd6e82.jpg  **What I am currently working on...**  Security, which is my next book that will be published in 2019, has been keeping me busy for the past two months. I'm up to the very last draft, which is more of a tidy up, although I do have a bit of culling to do as the manuscript is extremely long, before I send it off to my editor. Currently sitting at 542 pages. I'm feeling really excited about this book; it's so nice to discover that each and every book I write is even more of a thrill than the last one and that the ideas for more books keep coming.   https://gallery.mailchimp.com/3ef5b056a249884a41ad5c83c/_compresseds/b169e874-449f-42c7-ad93-1139f9c6dc69.jpg  Speaking of ideas for future books, I have an idea for 2020 in my head and I'll probably take some time in January to get some words down. I like to do what I call a pre-first draft, which I then put away and come back to with hopefully more of an idea of what my story is about. Really looking forward to seeing what this story has in store. I don't have a working title yet, but will keep you posted.    **It’s been a BIG couple of months for me! Time for a Giveaway, which includes my second book, Awakened.** To celebrate the Lepidoptera Vampires Trilogy, I thought it was time for a giveaway. Below is a basket of goodies, which include a signed copy of my second book Awakened that you can win. (Perth residents only). All you need to do is either log onto my **website** [www.susanhoddy.com](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=f7cb0f07a0&e=95372ea56d) and fill in the [contact us form](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=0d6a4baa6d&e=95372ea56d), or **like** my **Facebook page** [Susan Hoddy - Author](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=fed4f5904c&e=95372ea56d) and let me know what the name of my first three books are called. I'll draw the winner on December 21st and will hand deliver to you on December 22nd. Good luck!   https://gallery.mailchimp.com/3ef5b056a249884a41ad5c83c/images/786622c2-4032-40cc-b0d6-8fd58566d502.jpg  Otherwise, I am starting to wind down for the year and getting ready Christmas and the New Year. I would like to wish everyone a Merry Christmas and a Happy New Year and thank you for all your support during the year. May the New Year bring you all good health and happiness. Stay Safe...   ***Some Interesting Articles, Facts & Events.***  **6 Simple Tips to Help Double Your Fruit and Veggies**  https://curves.com.au/sites/default/files/styles/col_8_lg/public/cna24901_october2018_bloghero_960x491_6veg.jpg?itok=Tz5VDhXy Whether it’s because you’re busy, or your kids are fussy eaters, sometimes getting in those extra servings of fruit and veg into your day seems too big an ask. We all know that fruits and vegetables are the basis of any healthy diet plan; they help control your blood pressure and cholesterol, strengthen your arteries and bones, support your eyes, digestive system (and pretty much every other part of your body), and they give you the vitamins, minerals, and hydration you need to get through your day. Not to mention the fact that they’re great additions to your diet if you’re wondering what to eat to lose weight, since they’re versatile, flavourful and relatively low in calories. But even though we know all this we’re still not getting enough in our diet. If you’re out of ideas on how to up your intake of fruit and veg, these ingenious tips have you covered!  ****ADD FRUIT TO YOUR GREENS.**** Fruit makes a tasty addition to green salads.  You can’t go wrong with the classic pear and gorgonzola combination, but there are others that are more unusual and just as delicious. Try serving plums (de-stoned, cut in half, and dished up either raw or lightly oven roasted and topped with a hint of honey) over spinach with goat cheese, shallots, and herbs. Or, figs (also cut in half and served either raw or lightly roasted) over arugula with Parmesan and shallots. Also consider going savoury with your dressing when your salad includes sweeter fruit.  ****GET CREATIVE - WITH CAULIFLOWER.**** Roast a head of cauliflower and puree it; you can do a million things with it then: Add it to your meatloaf for a sneaky extra veggie; eat it instead of mashed potatoes to get a real veggie instead of a starch; or even thin it with white wine or stock and use it as a pasta sauce for another sneaky veggie. Experiment!  ****BLEND FRUITS AND VEGGIES INTO A TASTY SMOOTHIE.**** Not a spinach eater? Throw a few fresh leaves into a blender together with ½ cup of frozen blueberries, strawberries, or raspberries, and you’ll never taste the greens. Add a banana, scoop of plain yogurt, pineapple juice, and a tablespoon ground flaxseed, and you’ll have a nutritious breakfast or lunch that makes a great part of a weight loss eating plan. You’ll also get lasting energy to get you through your full body workout at Curves. For some added flavour, add a dash of mint, cinnamon, vanilla, or cocoa.  ****MAKE YOUR DISHES 'GRATE'.**** To beef up a pasta sauce, chilli, lasagna, or meat loaf without the actual beef, add some grated carrots, zucchini, or squash. You’ll get an extra serving of vegetables and cut down on your red meat intake, both which will contribute to your healthy eating plan.  ****GET FANCY WITH FRUIT.**** Berries, peaches, pears – they all make delicious purees. Instead of a sauce full of salt and fat, top grilled seafood or poultry with a sweet berry sauce. Or top pancakes, waffles or French toast with peach puree instead of sugary syrup.  Fruits make a great alternative to traditional condiments as part of a weight loss eating plan. A healthy eating plan full of fruits and veggies is a crucial part of your success at Curves. Aim for at least two cups of fruit and two and a half cups of vegetables per day, more if you can. Story written by Curves  ***The Lepidoptera Vampire Trilogy*** | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/3ef5b056a249884a41ad5c83c/_compresseds/35314855-1b9d-403d-9a0e-d7211a5b6534.jpg | | Violette Castell is a quiet, high achieving teenager, living with her family in Los Angeles. When her parents die in a horrific carjacking, Violette and her sister, Danielle, are fostered to a couple who move them to Bagnolet, France. When Violette meets charming Michael Gramaze, she feels an instant magnetism toward him. As their attraction for each other grows, Violette stumbles upon the truth about Michael and his family of vampires. She is thrust into a world of danger and secrecy, where rival vampire dynasties fight for power, and where the very existence of the human race hangs in the balance. Desperate to keep his family secret, Violette is drawn into an unruly duel between good and evil, and discovers she has more of a role to play in this battle than she could ever have imagined. | |  |  |  | | --- | --- | | |  | | --- | | [**Buy Now**](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=497bbed117&e=95372ea56d) | | | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/3ef5b056a249884a41ad5c83c/_compresseds/65ac7689-e8e1-4576-9470-68147efc3251.jpg | | Three strong females; all whom have a role to play in the Gramaze coven. With the Gramaze coven finding it hard to protect their princess, Violette, from the Debauched vampires, William, convinces Violette’s foster parents to let her move into the Gramaze household on a permanent basis. Samantha Richardson is a bright, young woman who stumbles upon the vampire world through chance. When she meets Grayson Gramaze, her senses are awakened, and she feels an immediate attraction toward him. Samantha is plunged into a world she never knew existed. Meanwhile, Danielle Castell, sister of Violette, is dealing with complicated feelings of her own, when she bumps into Christian, her crush from months ago. As Danielle and Christian’s attraction for each other is awakened and forbidden, Danielle, Samantha and Violette are swept up in a violent and dangerous battle which will change their lives forever. | |  |  |  | | --- | --- | | |  | | --- | | [**Buy Now**](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=c3b62275ec&e=95372ea56d) | | | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/3ef5b056a249884a41ad5c83c/_compresseds/a9e4d169-cb8c-4903-b7c4-b854598efd8f.jpg | | Disabled from an unfortunate accident when she was a baby, Katelyn Goodwit has only ever had one wish in her short life, and that was to be loved by someone who cared about her. When Katelyn meets her new carer, Susan, who is a Lepidoptera vampire healer, at the government home for disabled children in Berne, Switzerland, her life is changed forever. Katelyn experiences the love of a mother and a family for the first time in her life, and she grows up, knowing she can do anything she puts her mind to. But nothing can prepare her for the shock of meeting her life partner and realising that fate is to take her on a very different path. Suddenly Katelyn is thrust into the world of Lepidoptera vampires, a world which holds great happiness, but also an abundance of danger and secrecy. As Katelyn experiences changes in her personal life, others in the Lepidoptera coven face their own challenges. Through tragedy and loss, they discover the importance of family and love: an affirmation of their connection and their struggle to overcome evil. | |  |  |  | | --- | --- | | |  | | --- | | [**Buy Now**](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=907caf92ad&e=95372ea56d) | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | You can now buy any of Susan Hoddy Books at Dymocks, Collins Booksellers, Viva Books, Crow Books and all good bookshops worldwide. 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Postage is an additional cost.**  Don’t forget you can always read a sneak peak of Chapter One from all of my books on my website [www](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=5775f4d24a&e=95372ea56d)[.](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=0c08fe3362&e=95372ea56d)[susanhoddy.com](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=9c6ba3c644&e=95372ea56d)   Also, if any libraries, book stores or book clubs would like me to come along and do a reading of some the chapters and/or a discussion about my books to their group of passionate readers, from either Attraction, Awakened or Affirmation, please don’t hesitate to contact me via my website and fill in the [contact us](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=e02791d34a&e=95372ea56d) form.  Readings/Discussions/Signings are done by appointment only. | |  |  |  | | --- | --- | | |  | | --- | | **Feedback is good for authors** – Is there something that you would like to see happen in the next Lepidoptera Vampire Series book, or anything you don’t like or should be different in the first three books? Let me know, because I am always willing to listen to new ideas. Please log onto my website [susanhoddy.com](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=ba024fde64&e=95372ea56d) and fill in the [contact us](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=ac2cbf3e42&e=95372ea56d) form. | |  |  |  | | --- | --- | | |  | | --- | | Have you ever been onto the Goodreads website? It’s a website where you can read & review literally thousands of books. Below is a link for you. Enjoy… | |  |  |  | | --- | --- | | |  | | --- | | [Goodreads](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=b4891a8274&e=95372ea56d) | | | |  | | --- | | **Ever thought of leaving a review?** If you love Susan Hoddy books, and would you like to tell people about them? 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Just send your request along with your **name, mailing address, and email address** to my website [susanhoddy.com](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=35b9420904&e=95372ea56d) and fill in the [Contact Us](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=696ff28860&e=95372ea56d) form. | |  |  |  |  | | --- | --- | --- | | |  | | --- | | Susan Hoddy | | Susan Hoddy is an Australian, American and French young-adult fiction writer, best known for her Lepidoptera Vampire Series. Susan was born in Perth, Western Australia in 1966, and enjoys a good chinwag with family and friends, cups of tea, day-dreaming and writing. After acquiring her novel writing diploma from the Australian College of Journalism, she continues to create worlds where fantasy and romance exists, with her books. Keep an eye on her website [susanhoddy.com](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=56730f1f55&e=95372ea56d) for more information about when the next book is coming out in 2019.  **If you enjoyed reading my newsletter, please forward my e-mail to your work colleges, family and friends. I am only too happy if they would like to be added to my mailing list each month. Spread the word…** | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [https://cdn-images.mailchimp.com/icons/social-block-v2/color-twitter-48.png](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=e890e6e94a&e=95372ea56d) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [https://cdn-images.mailchimp.com/icons/social-block-v2/color-facebook-48.png](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=ef1f859d4d&e=95372ea56d) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [https://cdn-images.mailchimp.com/icons/social-block-v2/color-link-48.png](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=9545733e6a&e=95372ea56d) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [https://cdn-images.mailchimp.com/icons/social-block-v2/color-forwardtofriend-48.png](mailto:sho98485@bigpond.net.au) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [https://cdn-images.mailchimp.com/icons/social-block-v2/color-instagram-48.png](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=877b2b4b0a&e=95372ea56d) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [https://cdn-images.mailchimp.com/icons/social-block-v2/color-pinterest-48.png](https://susanhoddy.us16.list-manage.com/track/click?u=3ef5b056a249884a41ad5c83c&id=0e9879d3db&e=95372ea56d) | | | | | | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Follow Susan Hoddy on Social Media**  Copyright © 2018 Susan Hoddy - Author, All rights reserved. | | | | |  | | --- | |  | | | | | |
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