

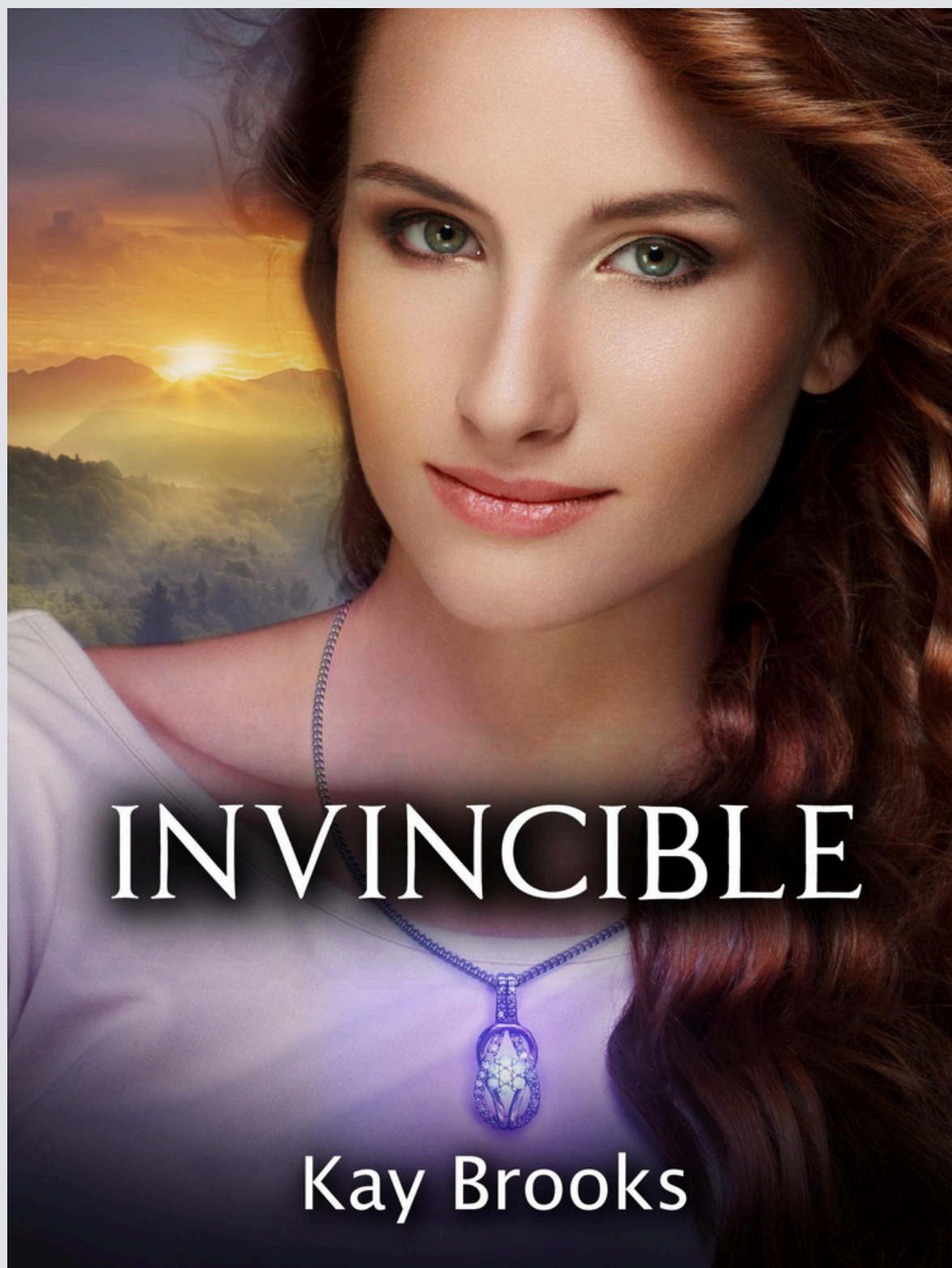
Invincible

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# ABOUT KAY



My journey from reader to becoming an author began with my childhood enchantment with books, where stories became my constant companions and guides. From an early age, I was captivated by the worlds hidden within pages, each new book revealing a tapestry of life's wonders. This passion for reading laid the groundwork for my eventual transition from reader to author.

As the years unfolded, my teenage experiences organizing my uncle's treasured first editions only deepened my love for literature. Pursuing a major in Library Science in college was a natural extension of this passion, grounding me in the structured yet magical world of books and storytelling.

The move to Caroline County with my husband marked a pivotal point in my evolution from reader to author. It was here, amidst the charm of small-town life, that a friend gave me a box of romance novels, an unexpected catalyst that ignited my writing journey. After devouring these tales of love and adventure, a thought took root in my heart: "I can write one of these."

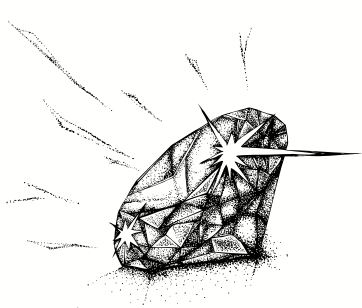
My initial attempts at writing were a blend of excitement and vulnerability, as I drafted stories and awaited publishers' responses. There were frequent walks to the mailbox with my children, awaiting responses from Harlequin's offices. Though the journey was peppered with rejections, each "not quite what we're looking for, but you have great potential" served as fuel for my determination.

Alongside managing life's responsibilities—raising three children, undergoing hip surgeries, and thriving in a library career—writing remained my passion. With retirement came the opportunity to revisit old manuscripts and reflect on how far I'd come on my path from reader to author.

This enduring passion has driven me to share my stories, each a tribute to the immense joy and transformative power of literature.

# ICE BREAKERS

- What was the first book that made you fall in love with reading?
- If you could only read one genre for the rest of your life, what would it be?
- Where is your favorite reading spot?
- Physical book, eBook, or audiobook – what's your preference and why?
- What's the last book that made you laugh out loud?
- Which fictional character would you want as your best friend?
- If you could live in any book world, which would you choose?
- What's one book you think everyone should read in their lifetime?
- Which book has influenced your life the most?
- What book do you wish you could read again for the first time?
- If your life was a book, what would the title be?
- Which three fictional characters would you invite to a dinner party?
- If you could be the author of any book, which would you choose?
- What book would you save in a fire (assuming people and pets are safe)?
- What makes you abandon a book before finishing it?
- Do you read the end of a book first, or are you strictly chronological?
- What's your stance on dog-earing pages versus using bookmarks?
- How do you organize your personal library?
- What's the strangest place you've ever read a book?



## Q & A WITH KAY

**WHAT INSPIRED YOU TO CREATE HAYLEY'S CHARACTER? HOW DID HER JOURNEY FROM VICTIM TO THRILLER WRITER DEVELOP IN YOUR MIND?**

I am always thinking "what if" whenever I observe life around me. One day, I read an article about witness protection and wondered what it might be like to have to leave your family behind or to live in plain sight under a new alias. In Plain Sight was my original title but as Hayley's strength and resilience evolved it became Invincible.

**WAS HAYLEY'S CAREER CHOICE AS A THRILLER WRITER UNDER A PSEUDONYM ALWAYS PART OF HER CHARACTER, OR DID THAT EVOLVE DURING THE WRITING PROCESS?**

Hayley turned to her writing as a form of therapy, and I made her successful at it because of her invincible spirit. When she regained her strength and resolve, she was determined never to be dependent on anyone.

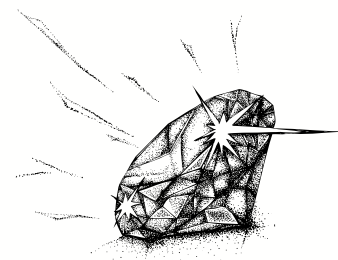
**WHICH CHARACTER IN INVINCIBLE WAS THE MOST ENJOYABLE TO WRITE?**

I enjoyed inserting Murdock in different scenes, showing his love of adventure, devotion to Hayley and Liam. Dogs are such loveable creatures. I also enjoyed Leo Murphy, the farmer's market vendor modeled after Ed Asner. He recognized Liam's love for Hayley and enjoyed teasing him about it.

**WHAT DO YOU HOPE READERS TAKE AWAY FROM HAYLEY'S JOURNEY?**

Believe in yourself and never give up on your dreams. Life happens but as long as we have a dream or goal to aspire for we need to keep moving ahead. Hayley was dealt some pretty heart wrenching blows and led a very lonely life for a while, but she didn't let that stop her from making something of her life. If you believe in yourself, you can do almost anything.

# Q & A CONT.



## **HOW LONG DID IT TAKE YOU TO WRITE THIS BOOK, FROM CONCEPTION TO PUBLICATION?**

Probably four months. It just grabbed me, and I let it evolve.

## **WHICH SCENE WAS THE MOST EMOTIONAL ONE TO WRITE?**

When Hayley saw her father for the first time in five years. My father passed away in 2012, and I think about him every day. It was also another way to show Liam's love for Hayley.

## **WHAT INSPIRED LIAM'S CHARACTER?**

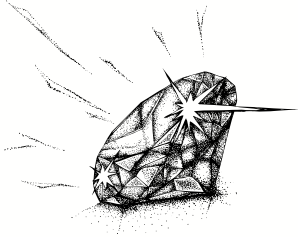
Tyler Hynes, the Hallmark actor, was my model for Liam. He's cute, has a special charisma with all the actresses he performs with, and has a natural sincerity no matter what part he plays. I wanted that for Liam. I wanted him strong enough to care about Hayley but also to give her the space and independence to make something of herself. His name – Liam – means strong-willed and protective.

## **HOW DID YOU DEVELOP HIS BACKSTORY?**

I know someone that is in the Secret Service and feel for him as he is always on the road, away from his wife and children. As much as I appreciate his dedication to his work, I think about all he is missing with his family. I needed to connect Liam with Hayley's father somehow, so I gave him every man's worst nightmare – the tragic loss of family. It evolved after that as Liam came to find new love through Hayley.

## **WHAT MAKES LIAM THE PERFECT MATCH FOR HAYLEY?**

He understood Hayley – her background and her spirit – and loved her enough to train her to be strong. True love is giving the ones you love the freedom to excel. Liam also understood the evil that was after Hayley. Again, his name – Liam – means strong-willed and protective



# Q & A CONT.

## **HOW DID YOU BALANCE HAYLEY'S NEED FOR INDEPENDENCE WITH HER GROWING FEELINGS FOR LIAM?**

Hayley needed to learn to be strong and self-sufficient after witnessing her friend's murder. Much as she hated Liam's tough love training, she came to appreciate it as her confidence grew and made a new life for herself. When her new identity was compromised and her life was in danger, she discovered the extent that Liam had gone to, to protect her. She came to understand that accepting Liam's help wasn't a sign of weakness, but rather a different kind of strength. Through their shared ordeal, she discovered that true strength meant knowing when to stand alone and when to trust someone else to have your back which Liam had proven time and time again.

## **WHAT SCENE WAS THE MOST FUN TO WRITE?**

I enjoyed the chapter where they went to Boston. The scene where Hayley met up with the ladies at the hotel and danced to *Shut Up and Dance with Me*. She was having fun and drew Liam into the act. I watched the dancers in the YouTube video over and over. That's when she fell in love with Liam.

## **WHAT CHARACTER OR SCENE WAS THE MOST CHALLENGING?**

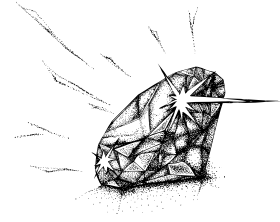
I'm not an evil person so Ortiz was a difficult character. Then I had to be careful with speckling information about him throughout the book.

## **WILL WE SEE ANY OF THE OTHER CHARACTERS IN ANY FUTURE BOOKS?**

I might give Brandon his story. Maybe he and Liam will become partners with a security business. I could give him some Irish backstory with his ginger hair and personality.

I've also thought about writing a short story for Gerard Turner, Hayley's father, where he finds new love and offering it as a freebie to my community of readers.

# Q & A CONT.



## **CAN YOU SHARE A FASCINATING STORY OR EXPERIENCE YOU HAD WHILE RESEARCHING FOR THE BOOK?**

I did a lot of researching for this book – self-defense, house plans, Vermont, Boston, Fenway Park – and I especially enjoyed researching jewelry once I decided how Liam was going to protect Hayley. I studied different necklace designs and that's how I came up with the diamond.

## **HOW HAS YOUR WRITING PROCESS EVOLVED?**

My writing process has become my business, and I find that I am always plotting and learning ways to better my skill. It starts with a quick idea then a brief outline. Sometimes, I will draw circles on a page and plot, then connect the circles. I now have a box in my office that stores all of my notes on prospective scenes or plots. I check it from time to time when I'm looking for ideas.

I network with as many as ten fellow authors every week. I'm also a member of Outliers Writing University and enjoy networking with other famous authors who so generously share their knowledge.

## **WHAT'S THE MOST CHALLENGING PART?**

Time. There never seems to be enough time in the day for all I want to do. I never thought that I would get up at 5:00 AM after retiring, but that is how I squeeze more hours out of the day for my creative writing.

## **WHAT ARE YOU WRITING NOW?**

Another series - *The Bennett Auction Series* - about a family-owned auction business. It takes place in Edmondsville, the setting for *The Row series*. and has a ghost, serial killer and several smaller mysteries interwoven throughout.

# INVINCIBLE

## WORD SEARCH PUZZLE

J E L P U K P R E C A L K C E N B O H  
S C B R N I B A C I N I A T N U O M T  
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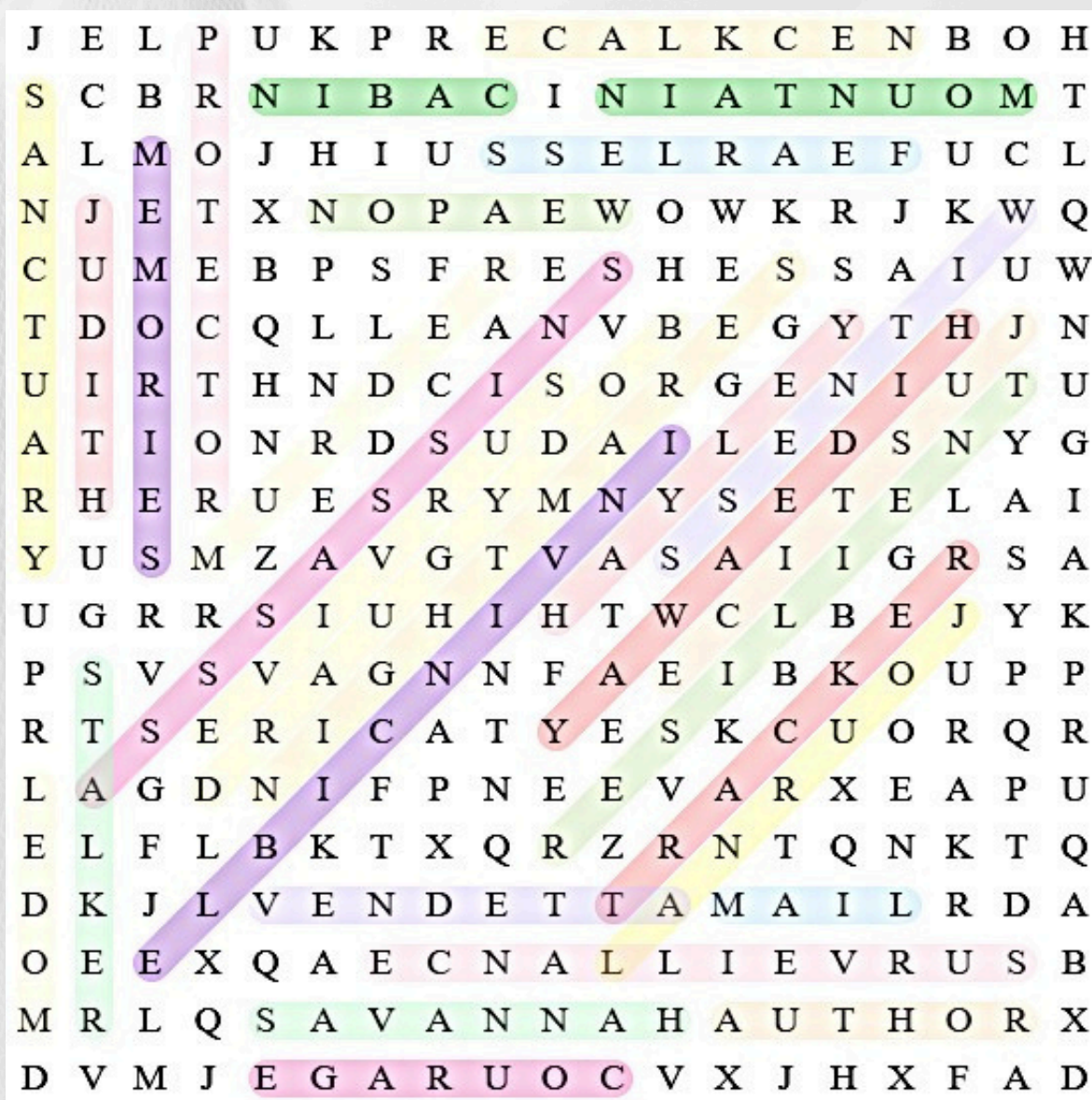
Every word listed below is contained within the group of letters.

ASSASSINS	HAYLEY	LIAM	NIGHTMARES	SURVEILLANCE
AUTHOR	HIDEAWAY	MEMORIES	PROTECTOR	SURVIVE
BODYGUARD	INVINCIBLE	MODEL	RESILIENT	TRACKER
CABIN	JOURNAL	MOUNTAIN	SANCTUARY	VENDETTA
COURAGE	JUDITH	MURDER	SAVANNAH	WEAPON
FEARLESS	JUSTICE	NECKLACE	STALKER	WITNESS

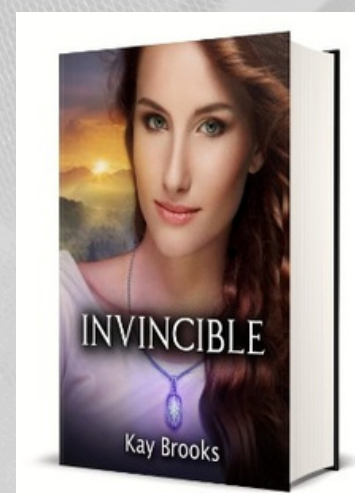
# INVINCIBLE

## WORD SEARCH PUZZLE

### ANSWERS



“I THOROUGHLY ENJOYED READING ‘INVINCIBLE’ BY KAY BROOKS. I FOUND IT TO BE AN INTERESTING AND SATISFYING STORY THAT INCLUDES SUSPENSE, INTRIGUE AND ROMANCE. IT HAS A DIFFERENT STORYLINE WHICH IS REFRESHING WITH CAPTIVATING AND RESOURCEFUL CHARACTERS, ESPECIALLY THE DOG, MURDOCK. I ALSO LIKED THE SECRET ROOM THAT LIAM DESIGNED TO KEEP HAYLEY SAFE. ~ BEATRICE LEE



# Hayley's Lasagna



## Ingredients:

- |   |   |
|---|---|
| 2 pounds ground beef                            | ¼ cup sugar                                       |
| ¾ pound ground lean pork                        | 2 teaspoons salt                                  |
| 3 medium onions, chopped (about 1 ½ cups)       | 2 teaspoons basil leaves                          |
| 2 cloves garlic, minced                         | 6 cups creamed cottage cheese                     |
| 2 cans (1 pound each) diced tomatoes            | 1 cup grated Parmesan cheese,<br>plus another cup |
| 2 cans (15 ounces each) tomato sauce            | 2 teaspoons oregano leaves                        |
| ¼ cup parsley flakes plus another 2 Tablespoons |   |
| 1 package lasagna noodles, cooked and drained   |   |
| 1 ½ pounds shredded mozzarella cheese           |   |

1. Cook and stir ground beef, ground pork, onion and garlic in Dutch oven or kettle until meat is brown and onion is tender. Drain off fat.
2. Add tomatoes. Stir in tomato sauce, ¼ cup parsley flakes, the sugar, 2 teaspoons salt and basil. Heat to boiling, stirring occasionally. Reduce heat; simmer uncovered for about 1 hour or until mixture is consistency of spaghetti sauce.
3. Heat oven to 350 degrees Fahrenheit. Mix cottage cheese, 1 cup Parmesan cheese, 2 Tablespoons parsley flakes, and oregano leaves. Reserve 1 cup meat sauce for thin top layer.
4. In each of 2 ungreased baking pans (13x9x2 inches), layer ¼ each of noodles, remaining meat sauce, mozzarella cheese and cottage cheese mixture; repeat. Spread reserved meat sauce over top; sprinkle each pan with ½ cup Parmesan cheese. (Lasagna can be refrigerated for several hours at this point until time to bake).
5. Bake uncovered for 45 minutes. (Allow an additional 10-15 minutes if lasagna has been refrigerated.) For easier cutting, let stand 15 minutes after removing from oven.

*I could smell those onions cooking the whole time I read that scene ~ Niki Booker*

# My Book Club Notes

*Dear Reader,*

**Thank you so much for your support and for reading *Invincible*! If you enjoyed the book, I would be incredibly grateful if you could take a few minutes to leave an honest review.**

**Reviews from readers like you help other book lovers discover new stories and are deeply meaningful to me as an author.**

**If you're able to post a review, please consider sharing:**

- Your overall thoughts and feelings about the book
- What you enjoyed most or what resonated with you
- Who else you think would appreciate this book

**You may email the review to: [kay@kaybrooksaauthor.com](mailto:kay@kaybrooksaauthor.com)**

**Thank you again for being a part of my community! Your support means the world to me.**

**With gratitude,**

*Kay*

**KAY BROOKS**

*Writing books with the perfect blend of  
love and mystery...*



*Thank you*

FOR CHOOSING

