



TAHANEÉ

MEDIA KIT

Author & Relationship Columnist

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About Tahanee

Author & Relationship Columnist

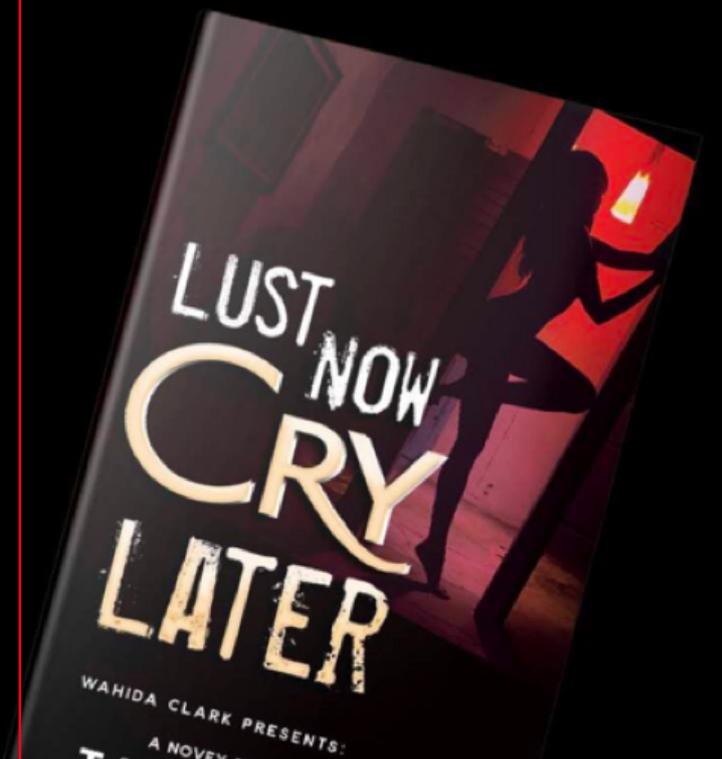
Tahanee offers women logical resolutions, methods and suggestions for accomplishing positive outcomes in their relationships. Although Tahanee understands the human need and desire to interact, connect and behave with others, she also believes that a person does not need companionship to attain happiness, and thrive in life. Tahanee is also the host and creator of the YouTube series, **Bedroom, Busters and Bites**.

Her passion for writing landed her a writing position with Yandy Smith-Harris', star of VH1's **Love & Hip-Hop: New York, Everything Girls Love** magazine. Tahanee is employed as a computer operations technician in the education field, where she enjoys a 15-year career.

Tahanee communicates the significance of self-awareness, respect, dignity and love for family, friends and the Creator while engaging with the public at churches, fundraisers, AIDS awareness events and colleges such as Gaudette College, Howard University and University of Maryland University College.

Tahanee is featured on various media platforms, including print, podcast, social media and radio, such as **Madame Noire** magazine, the **Stafford Sun Newspaper**, **The Renee Adams Show** and **Unapologetically Us**. Tahanee consistently communicates the importance of self-love and having standards in her books, YouTube series and interviews. She also reminds others of the following message:

"Never give up on your hope and dreams because it is NEVER too late!"



For interviews and guest appearances, contact Nicole Brown at Info@HTGoals.com or (941) 281-0520

Lust Now, Cry Later Book Reviews



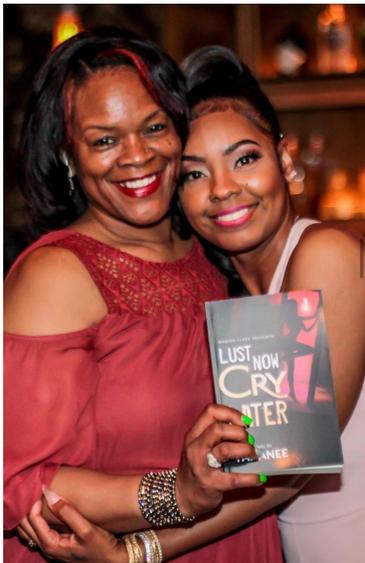
Lust Now, Cry Later Book Signing
at Barnes & Nobles
(10/19/19)

Influencer (Film Maker, Dean)

"Hate, Love, or feel sorry for, but you gonna care about these characters." I knew this book was going to be good because I cared too much about the characters after only reading the first few chapters. I cared so much about Carl Adler, one of the characters enduring emotional abuse from his wife Natalya in the story that I had to take breaks reading this. I would get so angry at how he would not stand up for himself. I see how the author tried to make the abusive wife in this story sympathetic because of the emotional abuse she too suffered as a child, but I gave zero f's, lol. Not only was she verbally abusive, but also a cheater. Men reading this may get in the feelings like me, but that's how you know you reading something good. If a story pulls emotion from you, so much that you become invested in the character's win, you are reading something good.

Next you have the love triangle. Carl Adler's wife, Natalya is having an affair with one of his employees, Lamar who is living a double life as a downlow gay man in a relationship with his lover Will. The irony in this relationship is Lamar is like a submissive in his relationship with a woman, but dominant and more assertive in his relationship with a man. I found it entertaining watching him go back and forth between being the needy submissive in his relationship with a woman and being the dominant one in the relationship with the man. And in the middle of all this confusion, he doesn't claim the title gay. As a cisgender male at first, I was like you must check a box, lesbian, bisexual, gay, transgender, queer, pick one. Even within the LGBTQ community they still struggle with the pick a box, but then again, does he. Adding this to the story makes for great water cooler discussion.

Lastly there's Sdia, molested as a child, cheated on as an adult, brought up to be a good Christian, she keeps falling for the same type of emotionally unavailable type of guys like Sean, a serial cheater who is hiding a family, his baby mama, and Mel, also has someone pregnant he is hiding from her, and to add to that dangerously possessive, and has been to prison. She reads motivational quotes from her book promising not to get caught out again, but over and over breaks that promise to herself. Is Sdia a bad pick, or a bad picker. With those storylines you can see why this is such a page turner. Almost tempted to reveal how it ends, but you will have to read it to find that out. Two thumbs up."



Lust Now, Cry Later Launch Party
(6/29/19)

Lust Now, Cry Later Book Reviews



Happy Customer!

Verified Customer:

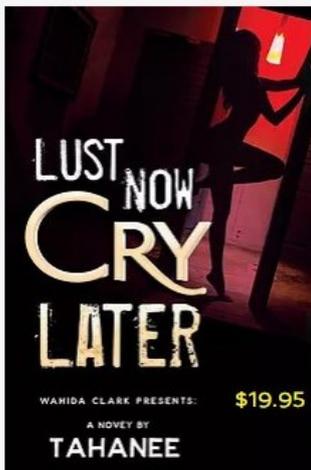
"WOW Great read!"

"I was very Leary about purchasing the audiobook because I never read anything by this author. It will not be the last. I tell you I was not disappointed. The story had a nice flow and the characters well developed. Some of the situations the characters were in had me on edge. Sdia appears to be passive-aggressive, and Mel, just plain abusive. He got to meet his match in the sequel. The book/audio had me up at 2:00 A.M. trying to finish listening. All I have to say is WOW! Very good read."

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(wherever books are sold)

KayBee's Bookshelf

"Good Debut"



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"I think as a debut novel this was a pretty good story. As Sdia struggles to find her way romantically, a determined Mel enters the story waving red capes, not flags, in her face. She was not naive and while her intuition was saying beware along with the red capes being waved in her face, she decides to move forward with the relationship with Mel. We've all done it at some point so no judgment here. On the other side, poor Carl is being verbally abused by his philandering wife. In the unlikeliest of ways, the concurrent storylines meet at the end and the reader is left to assume what happened to the villains of the story. The story moved well, albeit there was a bit of repetition. I would have liked some insight as to what motivated Carl's wife to treat him the way she did. I think the story was overwhelmed a bit with several elements that it lost its way and chose the less interesting route. Sdia's childhood while mentioned on occasion was never dealt with in this book. What was the aftermath of divulging her truth to her family? How did Wiliam deal with his "new" normal? What happened to Carl? I'm hoping there will be a book two to tie up loose ends. There is more story to tell with these characters. Narrator, Soozie Cheyenne, did a great job and the production was well done. I think if you want an easy, uncomplicated listen, this story is for you."

Read more reviews on [Amazon.com](https://www.amazon.com)

Book Synopsis

There's more to 24 year-old Sdia Mitchell than looks. This native Washingtonian has brains and brawn to match, but not without baggage. She was sexually abused as a child, which is more than a load for this beauty to carry.

Just when Sdia begins to find peace and self-acceptance, along comes Mel Simmons, a handsome, fast-talking, womanizing barbershop owner from South Jersey. He not only takes pride in the control he has over his career, but, also in the control he has over his women. What Mel wants, he gets and now he's got his eyes on Sdia. He's determined to have his way with her, too, and soon, she finds herself battling with more than just memories of her childhood; she finds herself struggling to escape Mel's demands, obsession and narcissistic rage.

Carl Adler, a successful businessman, provides his wife, Natalya, with the finer things in life, yet sleeping with his attractive, young assistant, Lamar Baldwin, is how she shows her appreciation. But little does Natalya know, Lamar has a dirty little secret of his own that is guaranteed to devastate the life of Natalya's and those who come in contact with her forever!

Excerpt From Chapter 9

"No kiss?" Lamar asked, pouting as he stood at the door of his apartment.

"Of course," Will replied, leaning forward and gently kissing him. Lamar cuffed Will's behind with both hands.

"I gotta go," Will said, pulling away. "I'ma be late for work. I'll call you later." He turned and headed toward the elevator.

"You know you're wrong, right?" Lamar called out.

"Shut up." Will laughed as he got onto the elevator.

This was Will's third time spending the night. They had met three weeks ago at a local gay club. Lamar had never met a guy like Will. All the men he had previously messed around with in the past were flamboyant and drama queens. Will was more masculine and into manly things. However, Lamar didn't consider himself gay. He just enjoyed crossing over from time to time, and he didn't see anything wrong with that. Natalya knows I'm a man, he thought. I've only been with three men. I've had more women than men.

"Shit, I know I ain't gay!"

It was 7:45 in the morning.

"Good, I still have time to sleep; service doesn't start until nine."

The air conditioner softly hummed. The room was nice and cool—just the way he liked it. He climbed into bed and pulled the soft comforter to his chin. "At least I go to church and repent for my sins!" He closed his eyes with a slight grin and dozed off.

Publisher : Wahida Clark Presents Publishing, LLC (June 25, 2019)

Language: English

Paperback : 354 pages

ISBN-10 : 1947732293

ISBN-13 : 978-1947732292

Where to buy: Available on Amazon.com

Paperback, \$19.95 (published June 25, 2019)

Hardcover, \$26.95 (published September 3, 2019)

Audiobook, \$19.59 (recorded 2019)

Bedroom, Busters and Bites

Host: Tahanee



YouTube series, Bedroom, Busters and Bites, features author and relationship columnist, Tahanee, a cast of family and friends and guest culinary connoisseurs.

The show discusses controversial topics, current events and historical facts while cooking and sharing recipes to delicious, mouthwatering meals. The guests sample the prepared dishes and provide their honest opinions while laughing and enjoying time with family and friends. The epitome of this show is family and friends gathering with great food and lots of love!



YouTube

Publicity

- Barnes and Noble
- Barnes and Noble (Howard University)
- Bedroom, Busters and Bites
- Best-selling author, Wahida Clark Publishing
- Borders Books
- Everything Girls Love Magazine
- Five-star rated author on Amazon.com
- Monday Mondays hosted by Kenna Williams on Facebook
- Madame Noire magazine
- Mirrors Club
- Pillow Talk Radio on Flavor Zone FM (New York City)
- Read More Co.
- The Renee Adams Show
- Revo Magazine
- RoyalTee magazine
- Tea in My Cup Café
- Unapologetically Us (Now known as The Pink Elephant)
- Walden Books

Contact

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For interviews and guest appearances, contact Nicole Brown at
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Interview Q & A

Where do you get your ideas?

"A lot of times my ideas just come to me. However, there has been times when I'd think back on a situation I've been in or something someone shared with me and then I build on that specific scenario from there; adding new ideas and excitement whether it be dramatic, shocking or funny."

What is your writing process like?

"I like to think of all of the things people often feel uncomfortable sharing. This makes the story more realistic and it also allows for the readers to connect with the characters. This process just includes me thinking of the things we encounter on a day to day basis as human beings and the things we keep to ourselves that we may not be comfortable sharing with others."

Does writing energize or exhaust you?

"It does both and depends on what I am writing about at the moment. If it is a sad scene then I will obviously not be in the best mood because I am a very graphic author; I go into detail and in order to do that I have to put myself in the position of the character. This can be emotionally exhausting. The only time I really feel energized is when I first come up with the idea of what I will write about. A burst of energy always comes over me, but once I am writing and have become in tune with my emotions and become the character that energetic feeling fades away."

Do you think someone could be a writer if they don't feel emotions strongly?

"You have to believe in what you write. You have to be able to captivate your reader within the first few words of your sentence. If you do not believe in what you write; your readers will not believe in your story! Writers thrive on the emotions of their readers. My goal is to take you on an emotional rollercoaster. I am here to trigger every emotion human beings are capable of feeling!"

What advice do you have for writers?

"Follow what's in your heart. This is your story and your opportunity to share and explore every aspect of your life and your time to become anyone you ever wanted to be."