

Media Kit

Laura Essay

Author of
***Side Effects Are Minimal:
A Novel***

FSB ASSOCIATES



Contact:

FAUZIA BURKE

fsburke@fsbassociates.com

(760) 585-2252

FSB Associates

6965 El Camino Real, Ste 105-108

Carlsbad CA 92009

fsbassociates.com



Announcing

Side Effects Are Minimal: A Novel

Releasing this summer, Laura Essay's novel *Side Effects Are Minimal* (July 9, 2024; paperback; She Writes Press) offers a gripping exploration of the opioid crisis and its profound impact on individuals, families, and society.

Claire Hewitt, an ambitious attorney, finds herself at the center of a harrowing legal battle when she is tasked with representing the Satoris, one of Philadelphia's most influential families, in a lawsuit surrounding the tragic death of their daughter. Claire's journey thrusts her into the heart of an opioid nightmare, dredging up long-buried guilt over the loss of her sister, Molly, two decades prior. As Claire delves deeper into the case, she confronts daunting questions about responsibility and accountability in the face of tragedy.

Side Effects Are Minimal transcends mere courtroom drama, weaving together themes of justice, morality, and the human toll of addiction. With a deft hand, Laura Essay infuses the narrative with raw emotion, shedding light on the insidious forces driving the opioid epidemic and the devastating consequences felt by individuals and families alike.

What sets this novel apart is its unflinching examination of the complexities surrounding the opioid crisis. Through Claire's journey, Essay challenges readers to confront uncomfortable truths about the pharmaceutical industry, medical ethics, and the pursuit of justice in an imperfect world.

Laura Essay's *Side Effects Are Minimal* stands as a testament to the power of storytelling to provoke thought, inspire action, and foster empathy. It is a timely and essential read for anyone grappling with the far-reaching consequences of the opioid crisis.

Please let me know if you are interested in a review copy, guest post, or an interview with Laura.

Thank you,

Fauzia Burke





Advance Praise: *Side Effects Are Minimal: A Novel*

"Based on true events, *Side Effects are Minimal* goes deep into the opioid crisis in America, examining broad societal implications while also taking an unflinching look at the toll these drugs have exacted on individuals and their loved ones. Claire Hewitt is a brave and determined main character who puts a human face on the pain of drug-related loss. Laura Essay's debut will draw readers in from page one with its engrossing prose and immediate sense of urgency. Full of legal drama, simmering suspense, and heartfelt emotion, this novel will suck you in and keep you racing to the finish.

A vitally important story that you won't want to miss!"

– **Jacqueline Friedland, *USA Today* bestselling author of *He Gets That From Me***

"In this page-turning courtroom drama, Essay provides an informative and sober look at Big Pharma, and the deadly consequences of the opioid crisis facing America today."

– **Suzanne Simonetti, *USA Today* best-selling author of *The Sound of Wings***

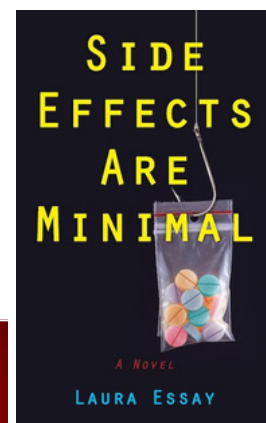
"Compellingly readable and brutally insightful...*Side Effects Are Minimal* dives into the layers of greed and deceit surrounding the opioid crisis in America. A riveting fictional tale that will keep you on the edge of your seat."

– **Larry Widman, MD, author of *Max Out Mindset***

Side Effects Are Minimal: A Novel

by Laura Essay | She Writes Press | July 9, 2024

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Laura Essay

Laura Essay is a lawyer whose dedication to justice and compassion shines through her debut novel, ***Side Effects Are Minimal***.

Laura Essay attended the University of Nebraska and obtained a law degree from Creighton University School of Law. A profound commitment to serving others has shaped Laura's professional journey. Her firsthand experience as an assistant attorney general equipped her with a deep understanding of pressing issues, particularly the opioid crisis gripping America.

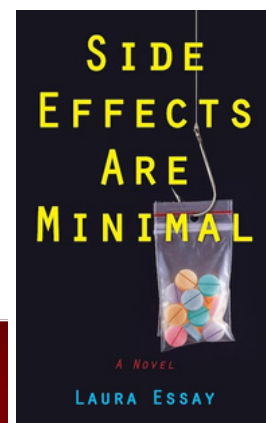
Driven by a fervent desire to shed light on this critical issue, Laura embarked on her literary journey to expose the truth about opioids. Beyond her legal career, she has tirelessly devoted herself to humanitarian efforts, extending aid to underprivileged and vulnerable populations.

As a court-appointed special advocate for foster children, Laura championed the rights and well-being of those in need, providing essential resources such as food, shelter, and car seats to homeless individuals, refugees, and needy infants.

In her moments of respite, Laura finds solace in various pursuits, including cooking, music, running, and travel. These endeavors rejuvenate her spirit and enrich her perspective, fueling her creative and philanthropic endeavors.

With ***Side Effects Are Minimal***, Laura Essay shares a compelling narrative and fosters dialogue and awareness surrounding pressing societal issues. Beyond her legal and writing careers, she serves the underprivileged, from providing food and shelter to advocating for foster children. In her leisure time, Laura enjoys cooking, music, running, and traveling.

[Visit Laura's Website](#)





Laura Essay

Interview Intro

Laura Essay is a dedicated advocate for justice and compassion. With a law degree from Creighton University School of Law and experience as an assistant attorney general, her debut novel, ***Side Effects Are Minimal***, illuminates the opioid crisis. Laura infuses the story with raw emotion, exposing the insidious forces driving the opioid epidemic and the devastating consequences felt by individuals, families, and society.

[Instagram](#) - @lauraessay11

[Visit Laura's Website](#) - lauraessay.com

You can download a high-resolution book jacket and author photo [here](#).



Suggested Questions

1. What inspired you to write *Side Effects Are Minimal*?
2. The opioid crisis is a complex and deeply troubling issue. How did you approach researching and portraying it in your novel?
3. Claire Hewitt, the protagonist, carries a heavy burden of guilt related to her sister's death. How does this personal history shape her approach to the case involving the Satoris?
4. The Satoris are portrayed as one of Philadelphia's most prominent families. How does their status influence the dynamics of the lawsuit and Claire's involvement?
5. In your novel, you explore the transformation of legal opioid production into illicit fabrications. Can you discuss the research process behind this aspect of the story?
6. Claire faces numerous obstacles and powerful adversaries in her pursuit of justice. What challenges did you want her to overcome, and why?
7. The novel is based on actual events. How did real-life stories and experiences inform your narrative?
8. Can you speak to the themes of accountability and responsibility in *Side Effects Are Minimal*, particularly concerning the pharmaceutical industry and medical professionals?
9. Family plays a significant role in Claire and the Satoris' story. How do familial loyalty and loss influence the characters' actions and motivations?
10. As readers delve into your novel, what do you hope they take away from the experience, particularly in understanding and addressing the opioid crisis?
11. The pursuit of justice often comes with sacrifices. Can you discuss the moral dilemmas Claire faces as she navigates the legal and ethical complexities of the case?



Chapter One

The door flew open, and there she stood, right hand gripping the frame. She licked the sweetness from her lips, unsure if it was sugar or the taste of victory. Unfazed by the frigid air, Claire dashed out the door of the café and skidded through two inches of white powder. Airy flakes clung to her fur-lined boots. The newly fallen snow offered gaiety, rather than annoyance, to her walk to Blackman & Bradford law firm. She was invigorated by the respect and deference she'd received from other partners. Mostly the deference. Her eyes gleamed, and her walk looked more like a skip.

Claire paused at the corner and pulled her smartphone from her coat pocket. She tapped the screen several times. She swiped to the left to check her calendar and grinned at the blank pages. Returning the phone to her pocket, Claire strolled down Chestnut Street, breathing in the cold air and warm comfort of familiarity. The greater Philadelphia area had groomed Claire for almost forty years, and her legal career was blossoming with commensurate recognition for her hard work.

Claire flipped the hood of her coat over her head as she admired the storefront of Black Threads Boutique. While she leaned in closer to examine the deconstructed jeans cinched onto the faceless mannequin, the brass bell jingled against the glass door as it swung open.

“Damn girl, it’s freezing out here,” chirped the slight red-head propping a sale sign against the front window.

“I’m warm-blooded. I don’t even feel it.”

“Don’t give me that. You’ve been shopping here for years. I know what sweaters you own. Get your butt in here where it’s warm. You need to check out the laser-cut dress that just arrived. The purple will ignite you, and I only have a handful of sizes.”

“Maybe later. I’m running a bit late.”

