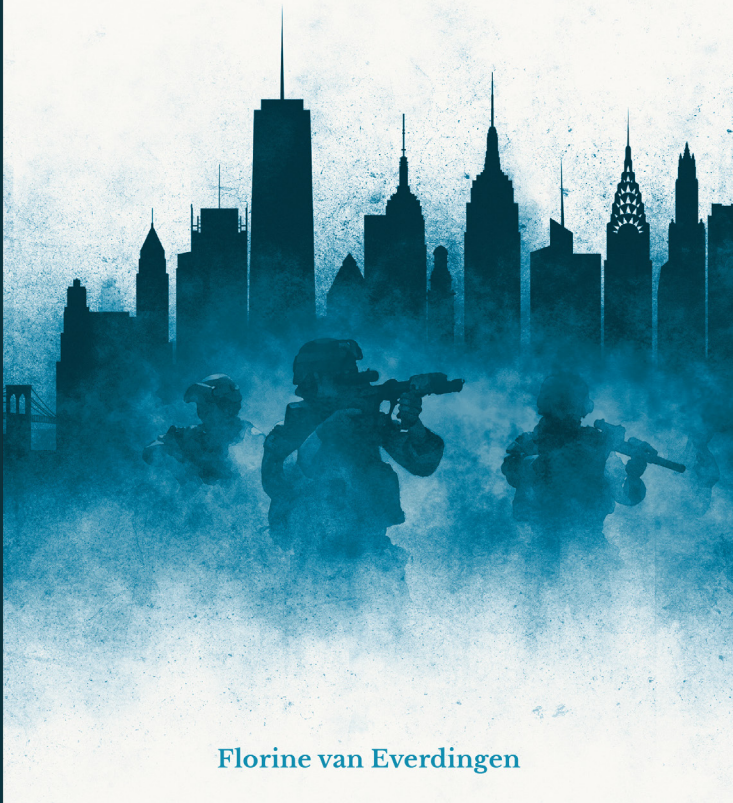


What would you do, if you found the man  
who saved your life living on the streets?

Inspired by true stories

# My Rescue



An inside look into the creation and  
purpose of this promising debut novel.

## Reviews

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Ahead of publication, a variety of women in the age group 25-50 were asked to share their thoughts on *My Rescue*. Here's what they had to say –

“Heart-breaking and heart-warming all at the same time.”

“Such a beautiful, powerful, and inspiring story.  
Unlike anything else I have read before.”

“It touches on so many relevant issues in such a subtle way,  
with a great love story to boot!”

“Florine has proven herself to be quite the literal seamstress.”

“Having gone through some of these things myself,  
I had to put it away a couple of times. That's the biggest  
compliment I can give.”

“When is the movie coming out?!”

“The world needs more stories like this,  
and people who act on them.”

## About the book

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In October 2012, 23-year-old Ellie Huntley appears to have it all. A privileged and loving upbringing on New York's Upper East Side, great success as a Harvard undergraduate, sincere friendships, natural beauty, and every reason to believe her life will remain as comfortable and carefree as it always has been.

But on one defining night, a violent abduction changes the course of her life forever. Seven haunted years later, she meets the man who saved her life all those years ago. Her response to the injustice of his current situation spiralling both their lives onto a path of turning pain into purpose.

Inspired by true stories, *My Rescue* is a novel on loss and redemption. It inspires kindness and compassion, and leaves the reader wondering:

What would you do, if you found the man  
who saved your life living on the streets?



*My Rescue* will be released on 10 September 2022, International Suicide Prevention Day, and will be available worldwide in both paperback and eBook on Amazon. In the Netherlands, the paperback will also be available on Bol.com and in selected bookstores.

## Purpose of the book

There's no denying that we're living in unprecedented times, on countless levels. And these developments of our world do not come freely to everyone. Even pre-COVID, the amount of people struggling with mental health issues was rising exponentially, which the last two years have only aggravated further.

The stigma that continues to surround conversations around our mental health, has led to so many people still suffering in silence, shame, and isolation. To make matters worse, both the correct diagnosis and treatment of our mental health is incredibly complex.

For example, Post Traumatic Stress Syndrome (PTSD) has over 660,000 permutations of how it can manifest. It can be caused by a large variety of events, but it requires no explanation that veterans are at high risk for PTSD. The exact data varies, but it is estimated that 20 to 23 US veterans commit suicide every day. That's one almost every hour, every day, every year. A tragedy that the majority of people around the world is unaware of.

With *My Rescue*, the goal is to do something about that and contribute to a culture in which we can all speak more freely about our mental health, and (at the very least) are met with kindness and compassion in return. The last thing I wanted was to lecture people or overwhelm them with data and case studies. I therefore hope that my method by sharing it as a novel has made the story approachable to a wide audience in a way that educates them on the matter, but also transcends them into that relaxing experience of a great book.

Even though the romance between Ellie and Mike is fictional, everything else the characters in the book experience is based on the true stories men and women all around the world face each and every day.

## Purpose of the book

The purpose of *My Rescue* is to shine a light on- and inspire conversations around these issues:

**Homelessness among veterans;** its causes, lack of support systems, and rehabilitation methods

**Greed;** deliberately inflicting hurt on others for personal gain

**PTSD;** traumatic experiences with an impact on mental health, and how this manifests

**Grief;** coping with the loss of loved ones, and accepting another course in life

**Socialism versus capitalism;** the class division in today's society

**Prescription drugs;** careless drug prescription by general practitioners, and taking medication for mental health issues

**Coming of age;** finding purpose and identity in life

**Showing kindness and compassion;** to friends and strangers alike

Despite various conversations with several publishing houses, I ultimately decided to self-publish *My Rescue*. Even though this meant a substantial further investment of my time and own money, it also allowed me to keep full ownership and control of the copyright, creative process, and profits. I hope this will enable me to make a valuable donation to a charity that is dedicated to the rehabilitation of veterans.

## About the author

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Hi! My name is Florine van Everdingen and I was born in the UK in 1989. Since completing my master's degree in 2013, I have been working as an advisor for international organizations in the fields of change management, strategic people affairs, and corporate social responsibility. The reason I mention this, is because it represents something fundamental about me, which led me to writing this book. With a certain sensitivity to other people's emotions, awareness of injustice, and slight tendency to overanalyze, I have always wanted to help other people and contribute to the positive development of our world. Ideally in a way that is true to myself, brings me joy, and allows me to explore my talents. Young as I was when I went to university, I believed I would be able to do that by pursuing the career I just described. Clearly, wisdom comes with age.

You see, writing has always been a great passion of mine, and the best way for me to express myself and organize my thoughts. Fairy tales, when I was a little girl. Poems, short stories, two dissertations, and various opinion pieces. Not long into my career, I founded a blog and platform for a female collective of young professionals, for which I could write my heart out and help other women like myself navigate the choppy waters of an ambitious career and a balanced lifestyle.

And now, my debut novel is here. But it wouldn't be, if it weren't for the career I chose to pursue. In 2016, during a business trip to Los Angeles, the amount of people living on the streets could not go unnoticed. Later that year, during a business trip to New York, I met a homeless veteran as I was handing out leftover food. My brother was a counter terrorism specialist with the Dutch Special Forces at the time, so you can imagine how close to home this encounter hit.

With a mind that tends to wander, and a curious and observant nature,

## About the author

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I noticed myself wondering in the weeks that followed, how can this happen? How can people who have served their country end up in these circumstances? What causes that? This led me down a rabbit hole that went beyond anything I could have ever expected. The complexity of which overwhelmed me. But I knew I had to do something. With PTSD being such a large factor in this matter, I decided to build a story around that. In addition to my fulltime job, years of extensive research and analysis followed, with numerous interviews, my own experiences in life, and the help of my brother who is now a psychologist with a background in cognitive neuroscience.

The result became my biggest pride to date, *My Rescue*, and a journey from which I have learned so much. About this particular topic, but also about myself. This is what brings me joy. With my writing I not only hope to entertain but mostly, to inspire, educate, empower, and shine a light on societal issues.

*My Rescue* has been a true labor of love. After six years, I'm thrilled to finally share this part of me, and hope it will live up to my ambition of bringing more kindness and understanding into the world.

I currently live by the beach in the Netherlands, am in very exciting talks to explore the possibility of turning the story into a film, and have put the first words to paper for my next project.



## Contact

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Do you have a question? Do get in touch, I would love to hear from you! Please have a look at the categories below to see where best to send your message to, and feel free to expect a reply within 24 hours.

### Media

For media inquiries such as features of *My Rescue*, interviews, appearances, or collaborations on social media, please refer your message to: [media@myrescuenovel.com](mailto:media@myrescuenovel.com)

### Reviews

If you would like to share your thoughts on the book, don't hold back! In this case, please refer your message to: [reviews@myrescuenovel.com](mailto:reviews@myrescuenovel.com)

### Other

For any other inquiry, please refer your message to: [info@myrescuenovel.com](mailto:info@myrescuenovel.com)

### Florine

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