Therapy Changed My Suicidal Thoughts to *Self-Love*

PAULA AXELROD

TRIM	8.5 × 11 in · full-color
FORMATS	Paperback · Kindle · Audiobook
PLATFORMS	Amazon KDP · ACX / Audible
MY ROLE	Interior · Cover · Publishing · Marketing
STATUS	Published · marketing ongoing



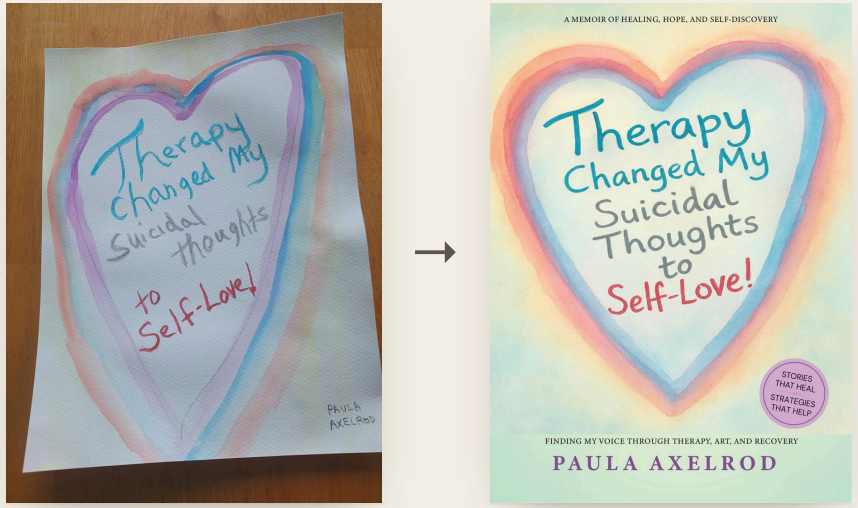
A survivor's story, told partly in her own *watercolors.*

WHAT CAME IN

A Word manuscript, family photographs, and phone photos of Paula's paintings, taken on her kitchen table.

WHAT I DID

I cleaned and color-corrected each painting, built the cover from her own painted heart, and designed a calm, large-print interior that handles a hard subject gently.



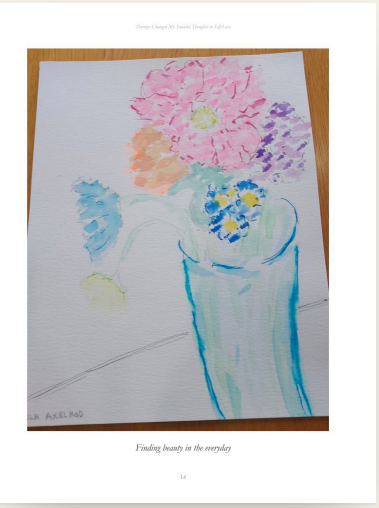
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HER PAINTING → THE COVER

The heart she painted became the cover, with the type set around her hand-lettering rather than over it.



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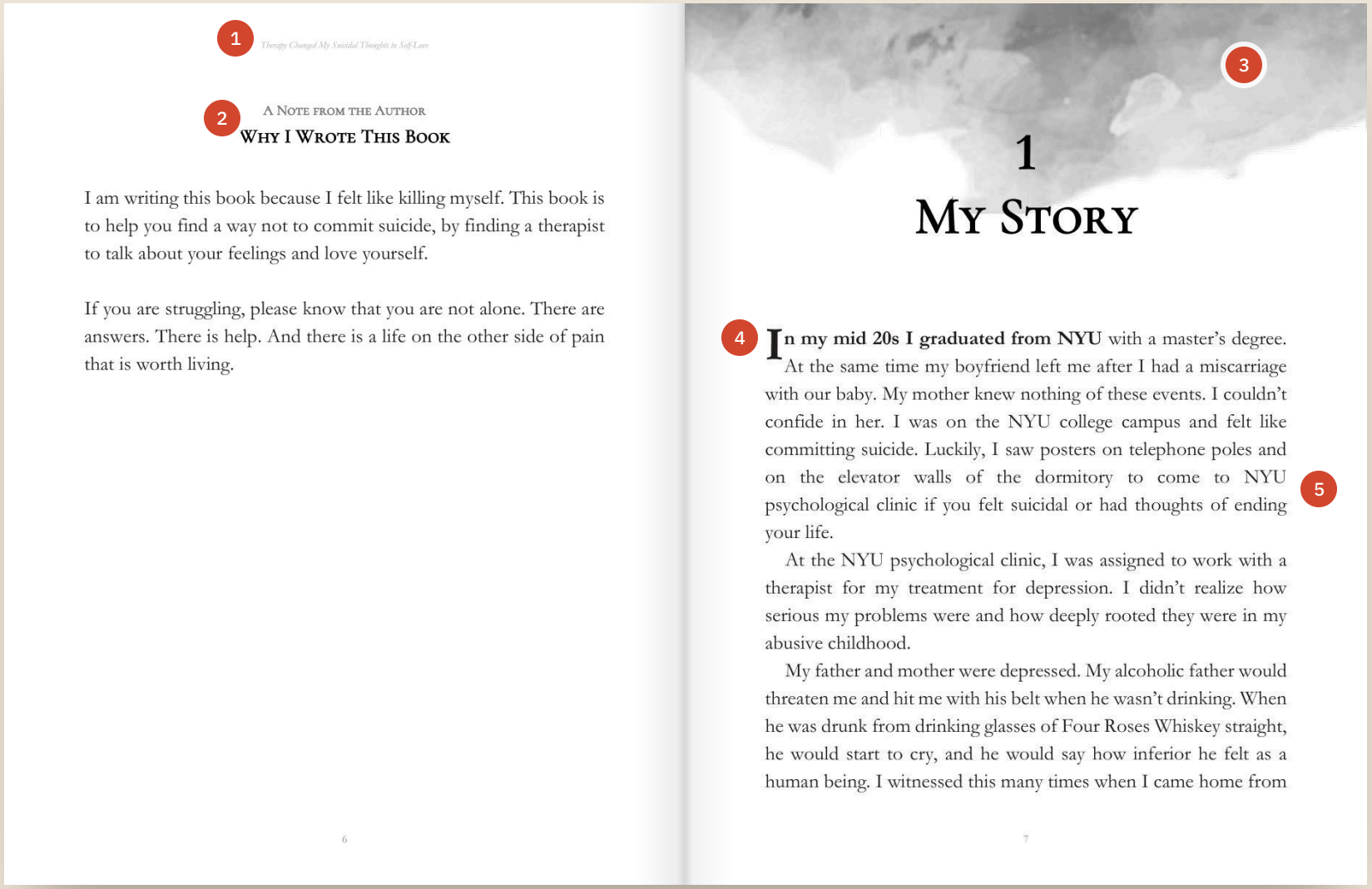


PHONE PHOTO → PRINTED PAGE

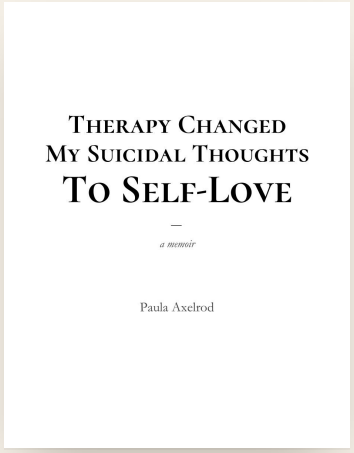
Straightened, cropped from the table, color-balanced, and given a page of its own with an italic caption.

Gentle pages for a *heavy* subject.

1. **Running head**
   The title in small grey italics, left off chapter openers.
2. **Two-level heading**
   A small-caps label above a small-caps title for the author's note.
3. **Watercolor wash**
   A soft grey wash crowns each chapter, echoing her paintings.
4. **Drop cap with bold lead-in**
   Draws the eye into the first line of each chapter.
5. **Large, open text**
   8.5 × 11 pages with generous type size and leading for comfortable reading.



Memoir, gallery and poetry in one book.



TITLE PAGE

Small-caps title stepped up to "To Self-Love", with a quiet italic "a memoir".

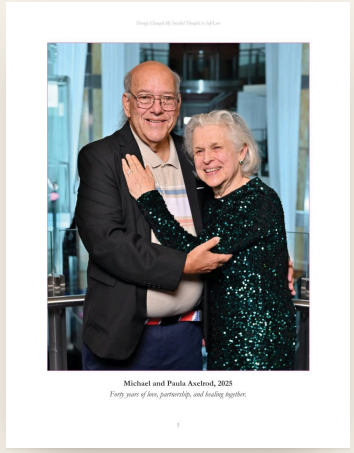
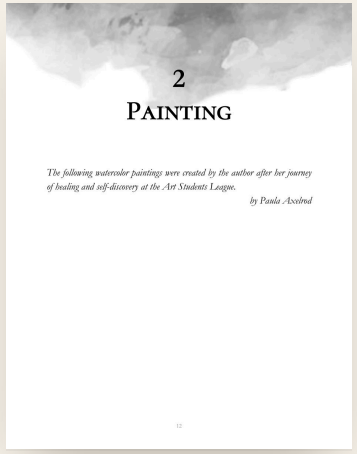


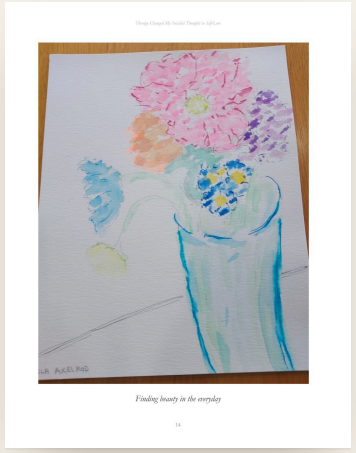
PHOTO PAGE

A family photo with a thin frame, bold caption and italic line.



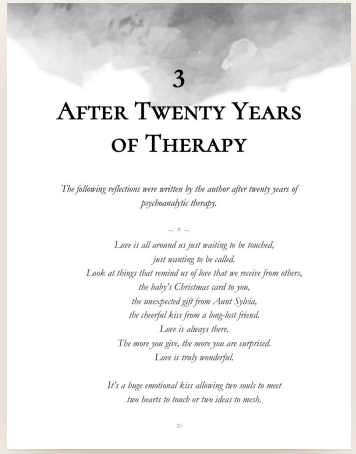
PART OPENER

The gallery section opens with the same wash and an italic introduction.



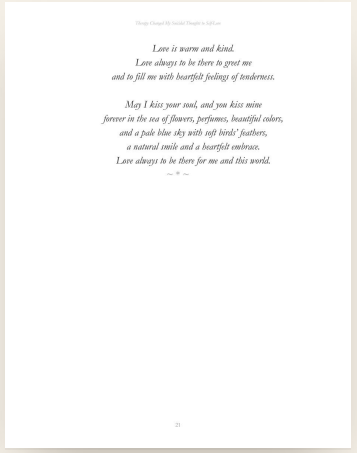
PAINTING

One painting per page in full color, captioned in the author's words.



REFLECTIONS

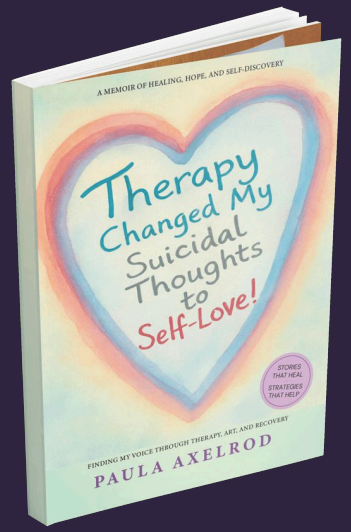
Her poems centered in italics, separated by small ornaments.



POEM PAGE

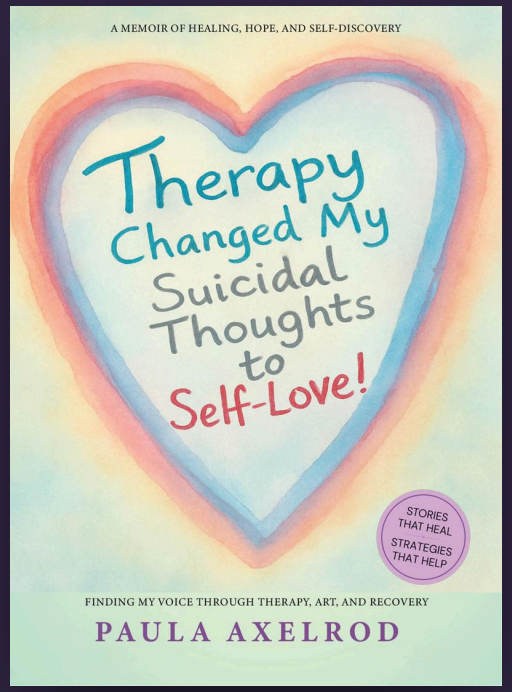
Short lines given space to breathe on the page.

One story, ready to *read, carry and hear.*



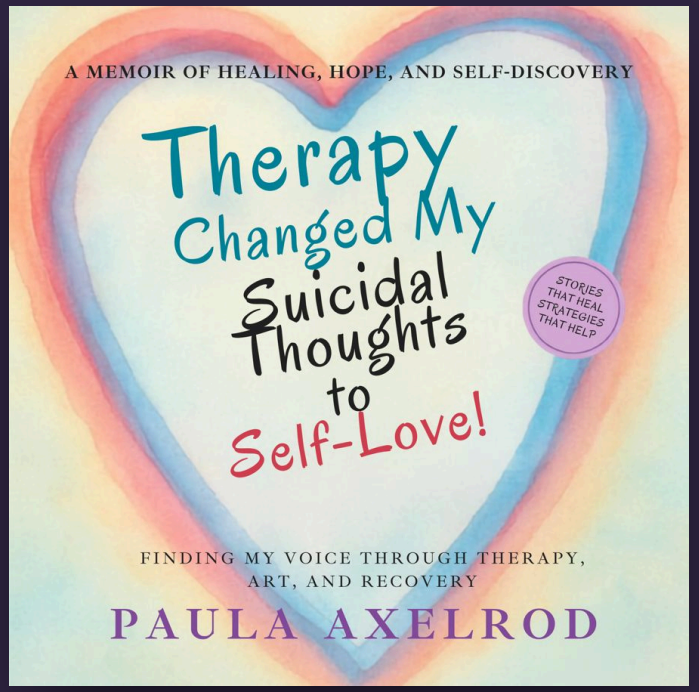
Paperback

8.5 × 11 full-color interior and print wrap, live on Amazon KDP.



Kindle

EPUB and KPF built from the print layout, keeping the paintings in color.

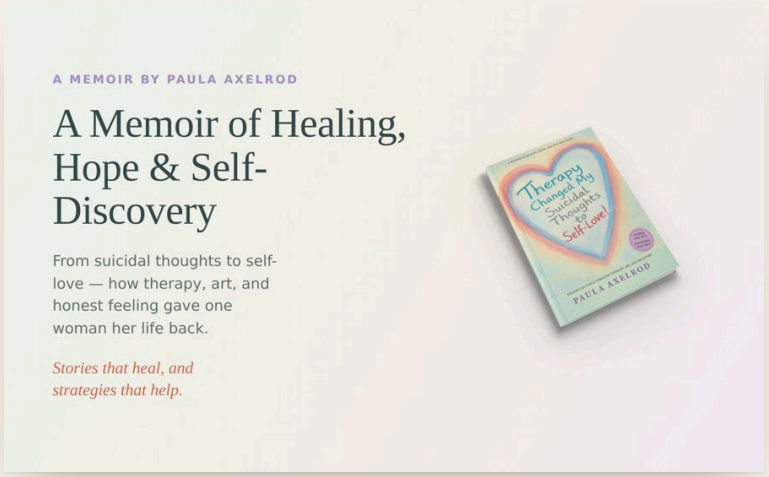


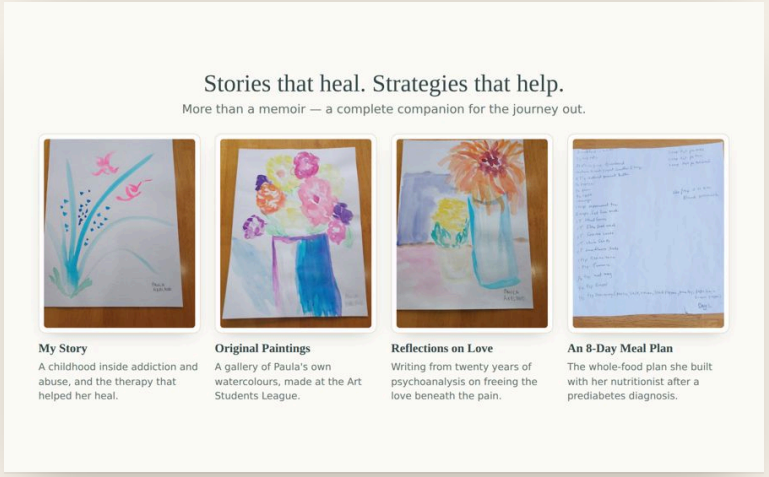
Audiobook

Square ACX cover re-laid out for the format, plus a narrator script prepared from the manuscript.

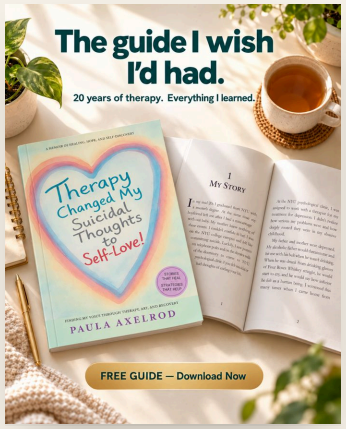
Publishing was the middle of the project, *not the end.*

AMAZON A+ CONTENT · 7 MODULES



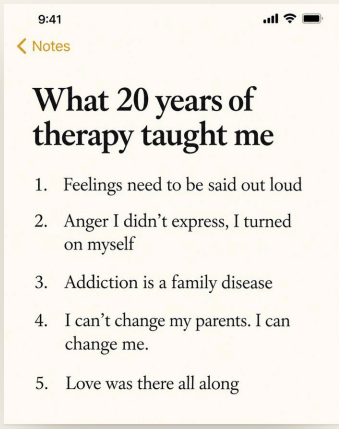


FACEBOOK & INSTAGRAM AD CREATIVES









PROJECT TIMELINE

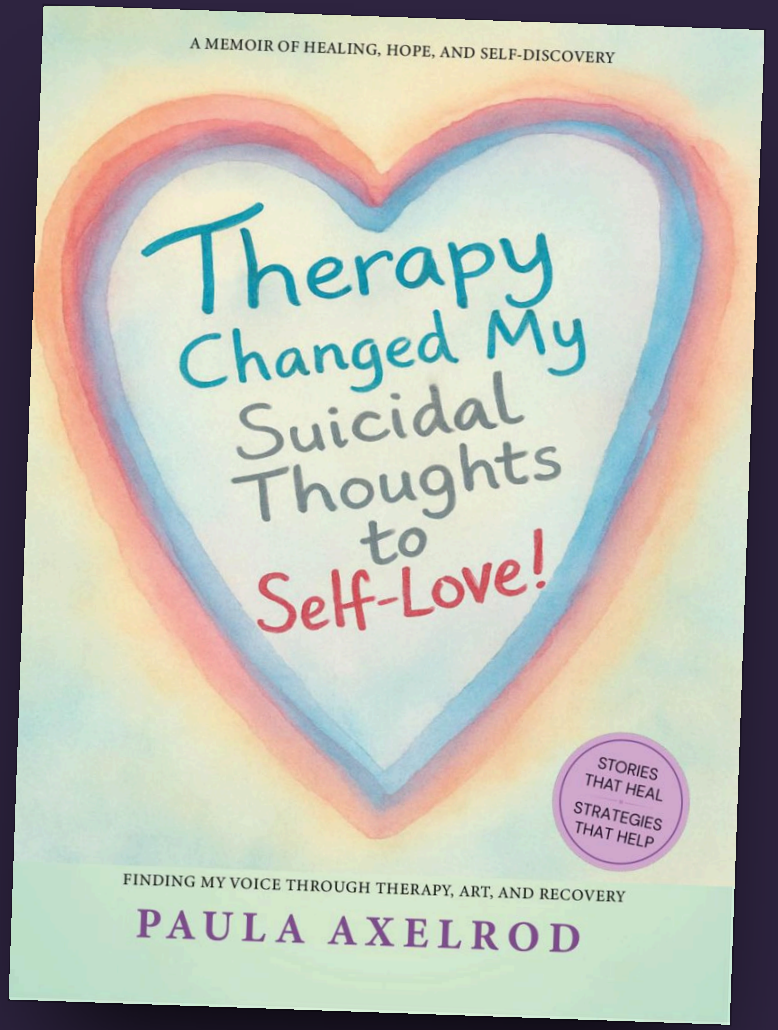
01	02	03	04	05 · NOW
Interior & cover	**KDP launch**	**Audiobook**	**Amazon page**	**Social campaign**
Typeset, paintings restored	Paperback and Kindle live	Released through ACX	A+ Content, Author Central, Ads	Meta ads in progress

Every creative carries the same watercolor language as the book, and the support poster includes the US crisis line, because readers of this book may need it.

“

“Olamilekanwaliu is terrific. He has helped us achieve an accomplishment that we couldn't do on our own. He is very helpful and thorough. We are very lucky to have him guide us through this publishing process. We certainly will recommend him to our friends.”

— FIVERR REVIEW FROM THIS CLIENT · PAULA AXELROD



YOUR BOOK NEXT

Send me the manuscript. *I'll handle the rest.*

TO GET A QUOTE, MESSAGE ME WITH

01 Your word count

02 Genre and audience

03 Formats you want (ebook, paperback, hardcover)

04 Your target launch date