

Transcript

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You're listening to the my Simplified Life podcast, and this is episode #218.

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Welcome to the my Simplified Life Podcast, a place where you will learn that your past and even your present don't define your future, regardless of what stage of life you're in. I want you to feel inspired and encouraged to pursue your dreams, simplify your life, and start taking action today.

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I'm your host, Michelle Glogovac, and I'm excited to share my stories and life lessons with you. We're taking you on my own journey. This is my simplified life.

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Hey, friends, welcome back to another episode. I'm your host, Michelle Glogovac. Happy. Almost Valentine's Day.

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Although we think about Valentine's Day as love and romance, it's also simply about friendship. And how are we making it new friends today? If you're reading how to get on podcast.

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You know that friendship is a huge theme throughout.

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The book it even relates to every single topic you create, and so I'm thrilled today that my guest has become a friend because we met through another mutual friend and we met online. And you know, once you click, you just simply click and we started naming each other. And so this interview.

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Was the first time we got to be face to face via computer for the first time, but we absolutely hit it off even more than what was going on our DM's. So my guest today is Rosey Lee. She is a debut author. Her book is called the Gardens of.

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Eden, it has the most beautiful cover. There's flowers everywhere, even as we recorded, she had flowers in the background. Her book box has flowers. It's it's just absolutely gorgeous. And it perfectly sets the tone for her book and for getting to know Rosey. So one of the unique things about Rosey.

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And this is the first time I have ever interviewed an author who goes under a pen name, so her real name isn't actually Rosey, and we're not even going to tell you what it is, but.

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I wanted to know all about what it's like to write a book that is not your real name and what does that feel like? Does it feel any different? So Rosey answers all of these questions and so much more, along with the fact that she has a full time job as a physician. So this is really just so much.

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Great stuff. I I can't wait for you all to meet Rose.

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Hi Rosey. Hello.

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Hello, I'm so excited to be here.

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I am so excited to see you. I love that you have flowers behind you. It matches your whole theme. The book. It's it's just gorgeousness all around. So can you introduce yourself to everyone please?

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Yes, hello everyone. I am Rosey Lee, the author of the Gardens of Eden.

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And it's the most beautiful look.

00:03:01

Inside and outside, I've started reading it. I haven't read it completely, so full honesty for everyone listening, but the beginning is gorgeous. The cover is breathtaking. Your boxes that

you sent out. Oh my gosh, it it's probably the most gorgeous thing I have ever seen be sent. I was like, I need to up level.

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My game.

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Thank you. Thank you. Thank you. They were our labor of.

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Love, they're gorgeous. So can you give us a little bit about what gardens of Eden is about? And then I want to talk about you.

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Sure. So I described the Garden of Eden as a heartwarming family drama.

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But a family?

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Drama that has a a happy ending, so it follows the four women of the garden family who live on an idyllic estate in the fictional town of Eaton.

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And Ruth is the CEO of the families multimillion dollar peanut business. But she is it plays in a a role of leadership after her husband Beau has passed away recently, her cousins by marriage, Martha and Mary, their two sisters who are not happy at all about.

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Roots role in the company, her status in the family, as well as her status in the community. So the person who's leading that is Martha and Martha, drags her sister Mary into the family fray. But Mary really just wants to mind her business literally mind her business because she started. She started a new restaurant that serves healthy.

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Food. So she really just wants to mind her business. But her sister keeps dragging her into the into the drama, and then the matriarch of the family is Naomi and she is really tired of holding

the family together. So she takes a step back and the women have to kind of fend for themselves and figure out how to work together or not.

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I love it. And is there such thing as a healthy comfort food? I.

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Haven't discovered it yet.

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At Mary's Restaurant, which is called the alabaster lunch box, that's exactly what it serves.

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I hope there's recipes included it as we talked about before we even recorded. I'm like, I need some healthy recipes.

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Well, that can be the next book then.

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I have a little plan for that, but we got to sell.

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This book first.

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Oh, it's going to sell and it is selling. Congratulations. It's already out, everybody. So go buy it. And there's a good reads giveaway on it too right now. So it should still be going on by the time this comes out. So you can win it or you can just buy it. So.

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Go buy it.

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The Goodreads giveaway into February 20th if people.

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Oh yes, we'll get this out before then. So let's talk about you because by nature, you are not an author. You have a day job.

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I do. I do. So my my alter ego and I use the phrase alter ego because Rosey Lee is a pen name. But my rose, my alter ego is a physician, so there are health themes in the book.

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I love this and I love. I want to talk about having a pen name because I was at an author event where there was this woman introduced and she has a pen name as well because she's actually in healthcare.

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And too, and I thought, now what is that like to have not your name on a?

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Book that you've written even though.

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It is your you.

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Know your name, your pen name.

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But what is that?

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To promote something like us, people must know who obviously people know who you are and that this is your pen name. So how do you a keep that secret and what does that feel like to have this pen name?

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On the book and how do you even come up with?

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A pen name in general. OK. That's so many questions.

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I know. I'm sorry. They just kept.

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Coming out. It's OK. It's OK. So first of all, it's still very exciting for me using a pen name. So and I think that's because I released a little free book kind of using the reader magnet system to help build my author platform. So that's where you list one.

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Book for free on ebook retail.

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Sites and then if people like it, then they go to your website, sign up for your newsletter and get the second book. So I started that. I think I published my reader magnet in 2018 or 2019. Yeah, 2018. And so I had some time to get used to using this name and it was really a way to build my platform.

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But also just to kind of start to build some author muscles with marketing and and getting my feet wet. And so for me that really helped me to build my brand but also to get used to this brand, this pen name feeling like feeling like me.

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And so it just feels like my name on a book. That's really my it just, it really does. But I think that's why because I had some time to to get used to it. And so, like, my little free book, that was exciting, you know, see my name there. But it was just like, OK, you know, nice. But there was a difference for me seeing my name on.

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On my my debut novel, and I think.

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Is it's because you know, I really have just kind of embraced the name, and it's also a family name. And so for me, that makes it super special because my pen name is chosen after women in my family. So to see my debut novel finally come out after so much.

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Work and to think about the women who helped to inspire it, the name, but also the the family story that made it just so exciting. Like even just talking about this, I I see myself in my 4 ear after I closed the door from bringing the box in and opening the box.

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And just seeing the.

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Name and like ohh they would be so proud.

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So yeah.

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I love that. I love that there's meaning behind it, because I do wonder, like, how do you?

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Come up with.

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The pen name like how does that even come?

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About I don't.

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Know what my name would be, you know? Yeah. So I went through this process where I thought about using my legal first name and changing the last name to my mom's maiden name because.

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You know, just growing up with all my cousins.

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Having my mom's maiden name, you know, we just. We still felt like a part of the family because we are. But it was like ohh I wanna be a insert last name. And so I thought ohh I do that. But there was another author who already had that.

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Name and so I decided.

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Yeah, I'm not going to do that because the names, while unusual by some people's opinion, it's a very popular name in in other circles. And so people would just easily confuse us. And I didn't want to deal with that.

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And how has that been being a physician and a debut novelist like those are two heavy jobs. I know that launching a book is a big, big deal. So how are you navigating the two?

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They are.

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Yeah, so I divide my time. Traditionally, my work is split, split between doing community health consulting.

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In patient care and that's a model I've used for years. And so I say my time, but my ultra egos time is divided that way.

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And so as a Community health consultant, I'm self-employed, so I control my own schedule, so it's a lot of juggling and still balancing and still a lot of late nights and work on the weekend. But with proper planning and trying to be as efficient as possible, it does still work out and so I can kind of choose what.

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Projects I take on and and whatnot, but that reminds me I didn't answer one of your questions about what it's like, how I manage the pen name with people.

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You know, knowing who I am. So for when I release my kind of introductory book, my reader magnet that that I self published, I really kept it very quiet. I didn't tell anyone that I was doing it. And so really only family friends and a couple professional contacts who I'm, you know very friendly with. They knew about my writing.

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But I really kept it very private otherwise and so although I was still very active in social media.

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No one really, no one really knew. But as I got closer to my books release date, I started talking about it more and so that way I was able to separate things and for me that was really important because with my alter egos consulting work, I didn't want my my client pool to change at all. I didn't want clients to feel like.

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So she won't be able to fully commit to my to our our health consulting project if she's worried about writing books or if she's on social media. So it was really important for those reasons to keep it.

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Buy it? I don't know that they would have really cared, but I didn't want to find out. And now you know, I don't think anyone's bothered by it. I think they've seen, like, well, you've been working all this and we didn't know. And our work has been unaffected. So people are happy for me and.

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It's it's just fine.

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That's an interesting point, because I actually had prospective clients say that to me too, of you're launching a book. Will you be able to still help me and and do the work? And I was like, well, yeah, I mean, that's the bread and butter. You know, the the book isn't going to pay the mortgage for years to come. Maybe it will. We'll see.

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Right, exactly. Yeah.

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But yeah, of course this is, you know, right, I already wrote the book. So launching it is really nothing at this point when you consider how much time it takes to write a book. Well, I 100% agree with you because that's exactly how I feel. I also know what it's like to work with people, whether they're consultants or.

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Consultants that I bring on for my health consulting who really just don't have time, but people don't always say that because what they want to pay their mortgage. So in that way, I do think it's a fair question.

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I don't appreciate being asked it, but it's still yeah, because I would ask too, yeah.

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Yeah, that makes sense. So we know that you released the ebook in 2018, but at what point did you decide, you know, I want to write after being in healthcare for so long, how did this come about?

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Sure. That's a great question. So I always wanted to write probably in college.

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So OK, so growing up, I wanted to be a fashion designer and actress and I knew I would just always write because I enjoyed writing, but my parents wouldn't let me move to New York to study fashion, design and acting because I graduated from high school with 16 and they were like, you're 16, you're not going to New York. And I was like, what? But they told me this.

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Like the summer before my senior year in high school, so I'm like, why don't you people tell me this years ago so I could come up with another plan that I've gone to all of these like summer programs in high school that prepare you for pre medical careers?

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So they essentially brainwashed me into deciding to become a physician because I was like, OK, if I can't be a fashion designer and actress, I guess I'll.

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Go be a.

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Doctor, that's literally, and that's normally the fall back plan for anyone who wants to be an actress or a fashion designer.

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That's why.

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Yeah, yeah. And it I'm so serious because I really, for me, it's always been about how to educate people about health and how to make health feel more access.

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And so I thought about the people in my family, in my neighborhood and my church community. And I was like, you know, if they knew better, you know, they might make, you know, better decisions. And so science was always a class. I had to, like, work a little harder to get. And it was like an AB student in science and more easily got A's and other subjects. So it was a challenge.

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It really was. That's why I decided to do it. And I mentioned that because when I was in college, again, pre Med, I took in in like my think of my yeah, my freshman English class.

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And I had so much fun doing my semester long portfolio and my English teacher gave really good feedback and he was like, I was wondering what you're gonna do with that story and all that. And I was like, and what if I could, like, really do this writing thing? I've been thinking about.

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And I was like, yeah, I guess I probably could, but I'm gonna have to, like, do that later. And then I thought, you know, maybe I'll find a way to tie in health education with writing fiction. And so that's why I mentioned that my book has themes around health. So even the short stories that I put into my little self.

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Your magnet, many of them had health themes. They're not overtly in your face. They're just people dealing with health. The way that we deal with health in our everyday lives. And so that's a similar approach that I took in the Gardens of Eden.

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And can we talk about your e-books too? Because you're you're the first person that I've interviewed that had this marketing plan to begin with. So I'm completely intrigued to want to learn more about this and like, well, maybe this is the next path that I can go.

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On if I.

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Want to go down the the fiction route?

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Because that's it's such a great idea. And so how long are these stories that you're putting out there? And do they pay for the second one when they get the first one for free?

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So, OK, great questions. So I initially just planned to write a novel, but as I was putting together my author website, I thought, you know, wouldn't it be nice? I mean, no one, no one knows who I am, so wouldn't it be nice if I had, like a short story or something? It's like a writing.

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Simple. And so I was like, yeah, I'm gonna write a short story. Then I realized I didn't know how to write a short story, and I'd never tried writing one like I did. No, I guess I did try, like, but that was back in college, which at that point, just to help it was easily 20 years ago when I read, like, a short story because I've been just still kind of working on a.

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Trying to think about how to write a a novel just whenever I had time. I never tried writing anything short.

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And so or or hadn't since college.

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And so I took a writing workshop and I happened to find a writing workshop that was on flash fiction. I didn't know what flash fiction was, but I learned about it in this writing workshop. And with flash fiction, the stories are usually 1000 words or less. Some people write flash that's 500 or less. Some people write 100 word stories.

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But I tend to write them 1000 words or.

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Less and my writing style is is very similar to my approach of writing a writing a novel. And so for me it was great practice for that. And so the first short story I wrote, I got really great feedback on it and someone I really respect a lot. Who's a writer said to me, you know, you should really write more of these.

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And you know, do something with them, like try to get them published. That will make it easier for you is you try to get an agent and try to find a publisher for your book. And so I went, I just really wanna write my novel, but OK, fine. She's also like my cousin. So I'm like.

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I guess I'll listen to her. And so I did it. And so I set a goal for myself that I would try to get each of the stories published in some sort of literary journal, and then afterwards decided to put five of them together in one little free magnet reader magnet.

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Book and then the second one to have five more stories. And so at first I had the second book for sale on ebook retailer sites for \$0.99, but then also people could get it for free if they signed up for my newsletter. Eventually I took down the one that they could buy so that they could only get it through my news.

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Letter and that was a really great way of building my newsletter, by the way.

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That's very smart. And so the five stories that get put into one book, are they all related or are they completely different?

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They're not, and I didn't realize that people cared so much about stories being connected, but that was one thing that I heard. Now some people, you know, were fine with it. I called it my beautiful, complicated.

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Family series. So I've got beautiful complicated family volume one and then the beautiful, complicated family volume to so all the stories are about family drama, but the characters and and plots aren't aren't connected at all.

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I love this. These are great ideas and 1000 words for anyone who's listening 1000 words you can get.

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Done in a.

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Day why? I'm going to say easily because that's always been my goal is 1000 words a day. And if you start writing, you're like oh boom it's done.

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Yeah, I think so. I mean, it's a it's an easy.

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Goal it's easy to set that goal and for me I can get a first draft done in a in a day. I need more time to work on it and they're writing workshops that you can do online because I certainly have done some where you will generate several flash fiction stories over the course of a week or a weekend.

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And so you have to know that you're going to spend time revising and rewriting and all of that. But yeah, so I I, for me it was really great people who are really strict about flash fiction really talk about how it's its own.

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Writing form and and so it's it's its own genre and I fully agree with that. I'm not a flash fiction purist though, but I think there's space in the genre for for lots of different approaches.

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But I really love writing it. It's a lot of fun. Yeah, it feels like it's something that would be manageable to write as a reader. I'm probably going to want more, because how can you give me everything in just 1000 words? You can't. I need to read. I need to read your chewy books. Yeah, so it's about.

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It's about.

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Having appropriate expectation.

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So what I've learned is that people who aren't familiar with flash fiction, that's exactly the feedback that they give. I want it more, but I think even sometimes just a flash picture story can be really well written. But people want more. So you can just write another one. So I will say that book two of my beautiful complicated.

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The only series features a story that is kind of continues the story of one of the characters in in book one.

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And that was a lot of fun to write. It was. I'm going to go download them if if I sign up for the newsletter, do I get to download them today?

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Yes, but I'll also just send them to you for free.

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OK.

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But not you listeners you.

00:21:09

Listeners have to go and subscribe.

00:21:10

That's right, listeners have to sign up for the newsletter, Rosey.

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I've already connected with Rosey, so I'm on a new level. OK, everybody.

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We are fast.

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We are and you know, I'm trying to remember how we originally connected because I know you brought me into the 2024 debut novel debut author Group, and then we started following each other.

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I did, even though I don't.

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I don't get to spend much.

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Time there myself, but.

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I was like, this is a great group. Michelle, you should join it.

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But there was something.

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Before that, so I I was thinking about this. I was thinking about it and I I think I figured it out. So you told me if I.

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Alright, I think when Lee Stein posted my promo box you commented and then you either we either had an exchange in the comments or one of us damn the other and I found out about your book and I said, oh, you must join this group.

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And what?

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That's it. It was to really everything circles throughly, it it all funnels through Lee.

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That's funny. She's a great connector.

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She gets a lot of shoutouts on on the program.

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Yes, it was. She shared your box and I was like, oh, it heart palpitations. It's it was just everybody has. We'll post a picture of it. I'll. I'll put it with the the graphics for this episode. So that way everybody can see it. So you'll have to send me a picture of it because it it's just gorgeous and they're the teacup. And just the flowers and.

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Oh, that's sweet of you. I will.

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It's absolutely stunning. I I gush over it because it is the most gorgeous thing I've ever seen.

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Thank you. Thank you. Thank you. Thank you. It's.

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Yeah. And I know it takes work and effort and time, but.

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To see it.

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In real life, I I know that feeling too, where?

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You're like, oh, yes.

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It's fun, but I mean, you know, there are people who do this kind of these kind of things for important events in their lives. They just usually personal things, right. And so I'm that kind of person. I was the kid who was, like, always doing some craft.

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Project or something because I'm like, really an artsy creative person. I just don't get to do that. I should say my alter ego doesn't get to do that very much, and and her usual life. So that's for me. One thing that's been really fun.

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About my debut novel and and trying to spread the word about it is I've got to do some fun.

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Creative things, because that's.

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What they all say right when you're doing marketing, you should do the things that you really enjoy doing. So, yeah, that's what I've done. I agree. Yeah. I felt that way very much of like, I I want there to be a.

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2nd book what?

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It will be, I don't know, but I'm like this is I'm going to treat this as if it's the one and only you know. It's like after having your first child you're you're like I hope there's going to be another one and you know a lot of cases and you're like but if there isn't.

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Then I better do everything there is with this one. You know, I'm going to have a party and there's going to be a sushi and wine and cake and.

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Right.

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Fancy boxes and all the things you know you got you got.

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Celebrate it. I love it.

00:24:12

So what's next for you?

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So there is a second book in the Gardens of Eden series and very excited about that. It comes out spring 2025, so I'm working on that now.

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That's amazing. Is it going to be just as beautiful?

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If not more, thank you. Funny you should ask because I just queued up my e-mail to my editor with my ideas for the cover. So after we wrap up this interview, I'm going to just read it one more time and send it to her. So I hope so is the answer. My vision has it still being very beautiful. Of course there's a lot of pressure about.

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Well, you know what type of graphics and promotion and things will do, but I'm trying not to get overwhelmed by that, right.

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Now, well, you set the bar a little bit high, but I'm sure you can achieve it again if not even better. Let's see.

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You know, it's kind of like, hey, so I'm a I'm a first born. You know how, like the the parents put all the attention on the first born and then the.

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Have all these rules, and we're gonna like boil these bottles and do all this. And then the second kid just gets thrown something like here. Feed yourself then.

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They also, let's see.

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Go out there and do your thing book sell yourself.

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Right, right. Right. No, I'll do something. But you know, there's a a lot that we particularly debut authors go through with the balance between, you know, really navigating the things that we do

on our own as authors and the support that we get from our publishing company. So for me, I I hope not to make such an.

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An extensive investment of time and money in in each of my books, so we'll I'll stop there, but we'll we'll see what.

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Well, you're establishing the platform, so hopefully you don't have to next year. Thank you.

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It is fun so I.

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One more year you're going to do this.

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Want to do something?

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All over again, saying that to myself, because it's almost the spring of 2024 and I'm like, wait, this is going to have to do this all over again.

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Yeah, but that's exciting.

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Yeah, it is exciting and I really am having fun. That's the other thing.

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So maybe I'll just have a little less one less next.

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That's important.

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Time. No such thing. No. Can you share with everyone where they can find you, where they can buy the gardens we eat in and and download.

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Your ebooks too.

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Absolutely. So the Gardens of Eden is available wherever books are sold. I've always wanted to say that. So I love saying it now, and please visit my website, which is Rosey Lee books. It's ROSEYLE books Bo.

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[S.com](#) and I am at Roselee books on all social media platforms, so let's hang out. Let's chat.

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And she's absolutely amazing. She's a wonderful, beautiful person inside and out. So follow her by the book. Do all the things. And I can't thank you enough for being on the show and for being such a supportive friend. I'm so glad that we've.

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And to me, thank you so much. Well, I will also say that it takes one to know one so.

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Right back at you.

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Oh, thank you.

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You're welcome.

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It's been great talking with you.

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OK friends, I hope you're all smiling from this extremely fun conversation that I got to have with Rosey, and I hope you all go out and get the book, because who doesn't need healthy comfort

food? I really want to learn more about that because it's something I could use in my life. I'm a big fan of the comfort food. As always, I want you to remember.

00:27:38

That you are in charge of your future and whatever that looks like. And so even if you have a career right now and yet you want to do something like right?

00:27:47

And not have the two intermingle. Let Rosey be the example for you that you can make both things happen and you can do them successfully. Don't let image or who you are. Your public persona get in the way of that go after your dreams, make it happen and don't forget.

00:28:07

To make new friendships, you can do that online too. It's not a weird thing at all. Some of my best relationships have come out of my online DM's friendships, and you can connect with people from all around the world in that way, and not just simply in your backyard.

00:28:26

Happy early Valentine's Day to each and everyone of you. I do truly love you and appreciate you.