



Sequel to the #LifelsYoursTrilogy

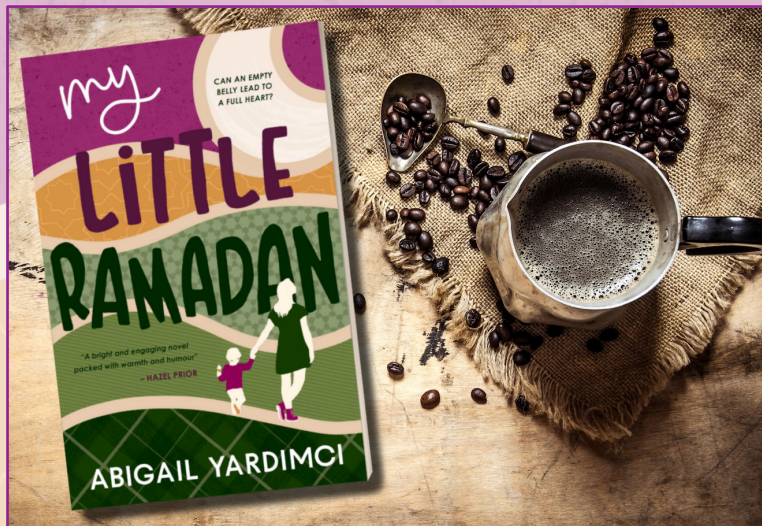
MY LITTLE RAMADAN

PRESS & MEDIA PACK

PRESS & MEDIA PACK CONTENTS

- 1.) Info about the Book - My Little Ramadan
- 2.) Info about the Author - Abigail Yardımcı
- 3.) Excerpts from the Book
- 4.) Praise for the Book
- 5.) Visual Resources
- 6.) The Life Is Yours Series
- 7.) Book Sales Links
- 8.) Hashtags & Keywords





My Little Ramadan by Abigail Yardımcı

is the fourth novel and the sequel to the #LifelsYoursTrilogy. It's the story of how one exhausted mum hopes that fasting for Ramadan will reveal the secrets to motherhood, life and everything.

CAN AN EMPTY BELLY LEAD TO A FULL HEART?

One moody Turkish husband, one screaming toddler, thirty days to find true happiness . . .

After marrying Mesut, the man of her dreams, having an adorable little boy and moving to a beautiful Scottish seaside town, Jess knows she should feel more grateful. But motherhood is so tough and the cultural gap between her and her husband is starting to show.

As Mesut prepares for the Islamic month of Ramadan, Jess figures she should support him. She decides to go nil-by-mouth from sunrise to sunset for thirty days, hoping that some spirituality might rub off on her, especially if she records it all on her blog.

When the blog becomes the talk of the town, Mesut objects to his faith being made public. But Jess is certain Ramadan will make her a better person as well as a better mum. With thirty belly-growling days to get through and thirty blog posts to write, could divine intervention be just around the corner? Or will it tear apart everything she loves?

Title: My Little Ramadan
Series: Life Is Yours (#4)
Author: Abigail Yardımcı
Publication Date: 23rd March 2023
Available at: [Amazon.co.uk](https://www.amazon.co.uk)
Genre / Sub-Genre: Contemporary Fiction / Feel-good fiction

Print ISBN: 978-1-9168986-7-7
EBook ISBN: 978-1-9168986-8-4
Print RRP: £10.99
EBook RRP: £2.99
Publisher: Soft Rebel Publishing
Other Books in Series: Life Is Yours #1, Destiny Is Yours #2, Everything Is Yours #3



ABOUT THE AUTHOR

ABIGAIL YARDIMCI

Abigail Yardimci is an author of feel-good contemporary fiction with a little bit of romance and a whole lot of soul. She enjoys creating down-to-earth characters and scratching the surface of her own everyday life to find the underlying magic that connects us all.

Abigail is a Geordie girl living by the sea in Devon with her Turkish husband and two terrifying kids. She gets her kicks through mindful parenting styles, creative living and chocolate.

CONTACTING ABIGAIL

Email: info@abigailyardimci.com

Web: www.abigailyardimci.com

Facebook: www.facebook.com/AbigailYardimci

Instagram: www.instagram.com/abigailyardimciauthor

Twitter: www.twitter.com/AbigailYardimci

TikTok: www.tiktok.com/@abigailyardimci_author

Goodreads: https://www.goodreads.com/author/show/19568338.Abigail_Yardimci

EXCERPTS FROM THE BOOK

FROM CH 1 - INCONVENIENT LOVE

I uttered the words, "Do you want me to fast for Ramadan with you?" A credible pulse of terror blipped through my body before he bowed his head, drew in a sharp breath and said, "That would be good."

I love my baby as ferociously as I've ever loved anything but I think, maybe, some of the love I had for myself has been absorbed into him.

FROM CH 3 - EQUIPPED

I can see how it might be lovely to rise and gather for a starlit morning meal. Squinted eyes, whispered banter and hungry hands grabbing precious food, the sun starting to chase the stars with the beginnings of its delicate, fruitful rays.

FROM CH 8 - REFRESHMENT BASED FRIENDSHIP

As I ate tonight, I realised that as much as this month is about me learning how to fast, about denying myself certain things at certain times to make way for the hollow delight of cleansing, it's about something else too. It's about joy.

FROM CH 2 - TRICKY LITTLE SYNAPSES

The doctor mentioned the words 'postnatal depression' and I didn't understand how that could possibly apply to me. Didn't I have everything I ever wanted? How could this feeling be depression?

FROM CH 7 - THE VISIT FROM HELL

And maybe, if I squint my eyes, my outlook and my psyche, I can see some positives shining. Could it be that Ramadan is working some kind of magic on me after all?

PRAISE FOR MY LITTLE RAMADAN

"A bright, engaging novel packed with interesting cultural insights and told with warmth, heart and humour. A lovely read."

Hazel Prior - Author of Richard & Judy's Book Club Pick, *Away With the Penguins*

"An engaging, sensitive and educational novel that gave me an insight into my own mind and soul. Thought provoking, funny, moving and sometimes sad, this is a wonderful read."

Helen Aitchison –
Author of *The Dinner Club*

"Refreshingly honest, highly addictive, I seriously couldn't put this book down."

Anita Faulkner –
Author of *A Colourful Country*
Escape

"Page-turning, jaw-dropping and tear-jerking in equal measure, I loved every word of *My Little Ramadan*."

Dave Holwill – Author of the *Wicker Dogs* and *Weekend Rockstars* series

"*My Little Ramadan* will make you laugh, think and cry. A truly brilliant book, written from the heart and I can't recommend it enough."

Chrissie Parker – Award-Winning Author of *Among the Olive Groves*

"*My Little Ramadan* touched my heart - it made me chuckle, cry and kept me on the edge of my seat throughout the whole book."

Sue Baker - ARC reader

VISUAL RESOURCES TO SHARE

Please click on an image or heading for a direct link to these online resources

BRANDING / BOOK IMAGES



BANNERS & POSTS

My Little Ramadan

Can an empty belly lead to a full heart?

The long-awaited sequel to the #LifelsYoursTrilogy

Out on 23rd March
Available to pre-order now!

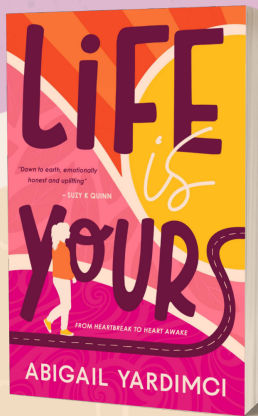
available at **amazon**

BOOK QUOTES

I uttered the words,
"Do you want me to fast
for Ramadan with you?"
A credible pulse of terror
blipped through my body before
he bowed his head, drew in a
sharp breath and said,
"That would be good."

#MyLittleRamadanTheNovel
abigailyardimci.com

THE LIFE IS YOURS SERIES



LIFE IS YOURS - Book #1

How one woman unwittingly turns the grief and torment of heartbreak into the most magical time of her life.



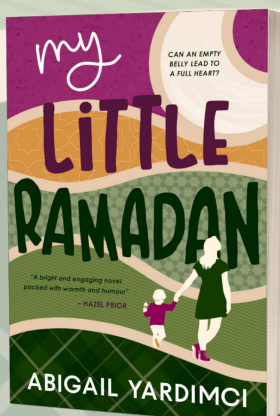
DESTINY IS YOURS - Book #2

How one woman finally seals the cracks of a broken heart with a trip to Turkey that unearths love, self discovery and the dreams that never left her.



EVERYTHING IS YOURS - Book #3

How one woman tends to the wounds of her past to create a future full of love, hope and the courage to be herself.

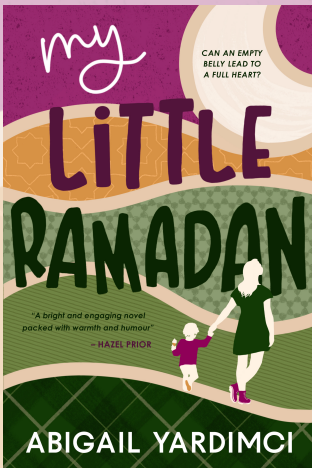


MY LITTLE RAMADAN - Book #4

How one exhausted mum hopes fasting for Ramadan will reveal the secrets to motherhood, life and everything.

Please note: this book can be read as a **standalone novel**

BOOK SALES LINKS



MY LITTLE RAMADAN - Book #4



<https://www.amazon.co.uk/dp/B0BK4QKDTZ>

<https://www.amazon.com/dp/B0BK4QKDTZ>

<https://www.amazon.com.au/dp/B0BK4QKDTZ>



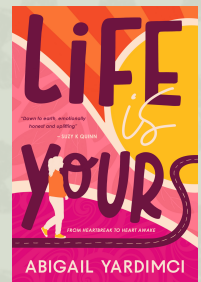
LIFE IS YOURS - Book #1



<https://www.amazon.co.uk/dp/B097WF822P>

<https://www.amazon.com/dp/B097WF822P>

<https://www.amazon.com.au/dp/B097WF822P>



DESTINY IS YOURS - Book #2



<https://www.amazon.co.uk/dp/B0999MVCNY>

<https://www.amazon.com/dp/B0999MVCNY>

<https://www.amazon.com.au/dp/B0999MVCNY>



EVERYTHING IS YOURS - Book #3



<https://www.amazon.co.uk/dp/B09G32VPZ1>

<https://www.amazon.com/dp/B09G32VPZ1>

<https://www.amazon.com.au/dp/B09G32VPZ1>



HASHTAGS

#mylittleramadan #turkey #ramadan #islam
#holidayromance #multiculturallove #scotland
#highlands #lifeisyourstrilogy #feelgoodfiction
#upliftingstory #upliftingfiction #mustread
#motherhood #parenting #postnataldepression
#perinataldepression #maternalmentalhealth #pnd
#inspiringbook #inspiringbooks #womensfiction
#womensliterature #mustread #selfhelpbook
#bookstagram #inspiringauthor #selfhelpauthor
#selflove #spiritualbooks

KEYWORDS

Inspirational fiction - Inspirational books - Books about postnatal depression - Books about motherhood - Honest motherhood books - Funny books about motherhood - Motherhood fiction - Maternal mental health books - Heartwarming books - Uplifting fiction - Spiritual books - Spiritual fiction - Romance and adventure - Romance languages - Women's fiction - Uplifting books - Self help fiction - Self help books - Feel good books - Emotional books - Romantic adventure - Self growth fiction - Autobiographical fiction - Inspirational story - Healing fiction - Religious fiction - Cultural fiction