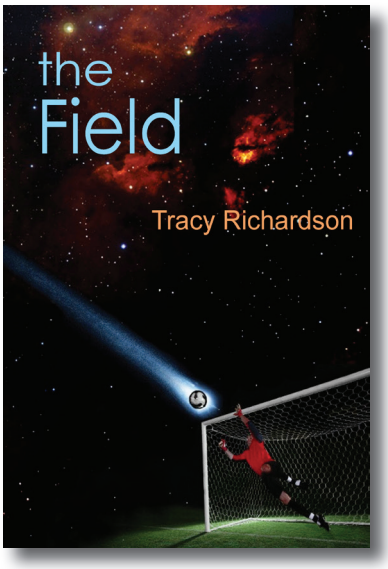
AUTHOR TRACY RICHARDSON TAPS INTO THE METAPHYSICAL WORLD TO PRESENT ONE TEEN'S COMING-OF-AGE STORY IN *THE FIELD*

Dallas, TX — Have you ever had an intuitive experience or known someone who has? It might be an eerily prophetic dream, thinking about someone and then running into them, or having a hunch about someone that proves to be true. If so, then you may know exactly what Tracy Richardson is referencing in a deeper way through her novel, ***The Field*** (Brown Books Publishing Group, April 2019).



Richardson has experienced moments of intuition and psychic experiences in her own life. Thus, it was only natural that she would decide to construct a novel with classic features but add a layer of meaning and substance on a completely different level.

Protagonist Eric, a soccer player, has a lot on his plate, including crazy dreams — or are they premonitions? He is experiencing a world on fire, an inexplicable connection to the new girl in school, and even a new supernatural awareness on the soccer field that is equal parts mystery and gift. Eric begins to question reality itself as more strange things unfold around him.

Influenced by a love of science, a passion for environmental issues, and her search for true meaning, Richardson created *The Field*. "I knew there had to be more to life than I was experiencing, but I didn't know how to find it," said Richardson. "That's when I started reading and discovered physicists in my search for spirituality. My writing is my way of sharing what I've learned."

Through her work, Richardson hopes to educate others on the Universal Energy Field and some of the concepts behind it. "Science has proven again and again that everything is energy. I wanted to write a novel about it because I think fiction is a great teacher. Ideas and concepts can be presented in a way that we can relate to on many levels, both as a fictional tale and as an actual idea or concept that we can understand because it's presented in the form of story." Richardson continues, "We are all in this together and intricately connected. I hope that *The Field* encourages people to look beyond what they think they know is true and, hopefully, gives them a really good story to enjoy while they're doing it."

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The Field
Tracy Richardson | 978-1-61254-301-7 | $11.99
YOUNG ADULT FICTION/Science Fiction
www.TracyRichardsonAuthor.com

About the Author

TRACY RICHARDSON wasn't always a writer, but she was always a reader. Her favorite book growing up was *A Wrinkle in Time* by Madeleine L'Engle. In a weird way that book has even shaped her life through odd synchronicities. She has a degree in biology like Mrs. Murry, and, without realizing it, she named her children Alex and Katie after Meg's parents.

Tracy uses her science background in her writing through her emphasis on environmental issues, metaphysics, and science fiction. When she's not writing, you'll find her doing any number of creative activities — painting furniture, knitting sweaters, or cooking something. She lives in Indianapolis, and, in case you're wondering, yes, she's been to the Indianapolis 500.

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Q and A with Tracy

Where did the idea for *The Field* generate and how?

The primary ideas behind *The Field* are that we're all connected by a force that's both within and without, that we are far more powerful than we realize, and that we are caretakers of the world around us.

My first influence was science. I've always been a science geek — and proud of it! I have a Bachelor of Science in biology, and although I didn't go that direction in my career, it influences my writing. I think science and the natural world are amazing, and we tend to take them for granted. I believe there is much, much more to the world than meets the eye, and science is constantly proving it.

Most YA paranormal stories I read are about teens who are extraordinary in some way. They have special powers that no one else possesses. In *The Field*, Eric is an ordinary high school soccer player who is experiencing something more. He's connecting to the Universal Energy Field and the Collective Consciousness — something that I believe we all can do.

Environmental issues also play an important role in my writing. The earth is our home, and I believe that we should take care of her. In *The Field* I focus on so-called "clean coal" and, to some extent, nuclear energy and compare them to other truly clean energy sources, such as wind or solar, and then I take it a step further. What if the Universal Energy Field is a source of energy that we can tap into? It comes back to my belief that there is so much more in the universe than we perceive or even imagine.

What led you to become a writer?

My path to becoming a writer began from two directions. When my children began reading, I introduced them to my own childhood favorites. Ideas for stories of my own began forming in my mind. The other impetus came from my personal search for meaning in the world, which I found through science. My writing is my way of sharing what I've learned.

Who are some of your favorite authors and why? Which one has had the most influence on your writing style?

One of my favorite all-time authors and influencers is Madeleine L'Engle. She included science and metaphysics in her novels the way that I do. Interestingly, I have a degree in biology like Meg's mother in *A Wrinkle in Time*, and I unknowingly named my children Katie and Alex like Kate and Alex, the

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Q and A with Tracy

parents in Wrinkle. E.L. Konigsburg's *The View From Saturday* is a powerful book about how seemingly unimportant events in our lives can have a significant impact and the power of friendship. I want my characters to encounter real-life issues that my readers might be dealing with, so I've often thought of my books as being a blend of L'Engle and Konigsburg's styles and subjects. My favorite adult fiction novel is *To Kill A Mockingbird*. Atticus Finch is my hero.

What made you choose soccer instead of any other sport?

My son played travel soccer growing up and in high school, and my husband played in college. Both were goalkeepers and my husband coached my son's travel soccer team. I had experts surrounding me who could help with details of the game. Soccer lends itself well to the idea of intuitively connecting with *The Field* because the action is nonstop, fast paced, and you have to react quickly. Goalkeeping in particular is a good fit for the intuitive "knowing" that Eric experiences in connecting with the Universal Energy Field.

Describe your creative process; what things have been helpful to spur you when you get stuck?

I'll get an idea for a novel and then start writing down thoughts, plot elements, characters, and settings in a notebook. Everything relating to the book goes into the notebook. I have a few people that I bounce plot ideas off of, and I do a lot of brainstorming, letting the ideas simmer in my subconscious. I think of my novels in terms of scenes in a movie, with each chapter representing a scene, and that's how I begin the outline. I usually have some concept of the beginning and end. The progression of the plot unfolds as I work on the book. I've never really experienced writer's block per se. If I'm not sure of the direction the plot is going or what happens next, I'll just move to another section or focus on research for a while and come at it from another angle.

Which character do you relate to the most or which reminds you of someone in your own life?

Cole is loosely based on one of my son's high school friends. I can relate to Mrs. Horton and incorporated some of myself in her, and Eric certainly has a lot of my traits and a few of my son's. But while the characters may have a slight resemblance to actual people in my life, they are truly fully formed individuals in their own right. I may think I know them and what they're going to do next, and then they'll surprise me by doing something completely different.

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Was it a challenge for you to write the intense scenes and why?

Writing the soccer action scenes was a bit of a challenge. I wanted to convey the intensity and the action without it being confusing or boring and overdone. My son and husband were a big help in reviewing those scenes for accuracy and to ensure they were engaging.

Are there personal experiences in your life that correlate to certain scenes in the book?

I've driven by the wind farm on interstate 65 between Indianapolis and Chicago hundreds of times and am always awed by the windmills. If you drive by at night, red lights to alert airplanes all blink in unison, making them appear synchronized. I've been stargazing just like Eric and Renee on their first date and visited the Butler University planetarium. The sunsets and the big sky of the Midwest come from my own experiences. Some of the things that happen in the book were inspired by actual experiences of my teenaged children and their friends.

How did you decide to incorporate the Universal Energy Field into the text, and what connection do you have to that personally?

I've read extensively in science and metaphysical texts about the Universal Energy Field — there's a lot of information out there about it — but I don't think the average person is aware of it or what it means for us as individuals. Science has proven again and again that everything is energy. I wanted to write a novel about it because I think fiction is a great teacher. Ideas and concepts can be presented in a way that we can relate to on many levels. Exploring ideas through narrative allows me to present new concepts in a way that is more accessible and approachable.

Is there a deeper meaning behind your book? What do you hope readers will gain or learn from reading *The Field*?

The deeper meaning behind *The Field* is that there is more to the world than we can possibly know and not to be limited in what we think is real or possible. I believe we have the ability to harness energy that already exists all around us, and that same energy is what connects every thing in the universe. We are all in this together and intricately connected. I hope that *The Field* encourages people to look beyond what they think they know is true and, hopefully, gives them a really good story to enjoy while they're doing it.

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Excerpts from the book

CHAPTER 1

I position myself in the goal. I touch the left side of the goal, then walk to the right side, touch it, and then move to the center and touch the crossbar to orient myself. It's my ritual. I crouch in the center with my knees bent and arms in position to catch a ball. I feel confident, strong—ready. The coach starts the play.

… the play is on the other end of the field. I watch, staying focused on the action. The other keeper makes a save and quickly punts the ball down the field before my defenders have moved back. The opposing forward runs onto the ball. He takes off, sprinting toward the goal, and beats my defender.

It's a breakaway! My heart is pounding. It's just me and him. The forward is approaching fast. Should I come out to meet him and dive at his feet or stay big and block the shot? It's a split-second decision. Make the wrong choice and it's a goal. Wait! A thought flashes into my consciousness. I *know* where the shot will be. Left side—DIVE! I'm off my feet almost before the forward's foot connects for the shot. I feel myself flying through the air, arms reaching. The ball is rocketing toward me. The ball strikes my palms and I push it wide, deflecting it outside of the goal, and then I crash to the ground.

I jump up quickly in case the ball is still in play. My team has control of the ball and is moving it down the field. Squinting into the sun, I watch the play. Adrenaline is coursing through my veins. Total rush!

When I get subbed out, I scan the sidelines for Will and jog over to him so we can rehash the play.

Will smacks me on the back. "You stuffed him!" Will's hair is dark with sweat, his face glistening and gritty. "How do you do that? I swear you were off the ground before he took the shot."

I wipe my face on my shirt and take a long drink from my water bottle before answering. "I don't know. Just reflexes, I guess." I don't want to make too big a deal about it with Will, but sometimes I just get a feeling of *knowing*. It just flashes into my head. Maybe it's from years of playing, but when it happens it feels different than reacting on instinct without thinking. It's like knowing without thinking.

CHAPTER 4

"Now, to switch gears," Dr. Auberge says and turns off the presentation. "While I am here at the university, I will be researching a different and emerging area of study concerning the Universal Energy Field."

… Dr. Auberge paces back and forth in front of the room, gesturing for emphasis. "Scientists theorize that there is enough energy in a cubic inch of space anywhere in the universe to power all

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of New York City for a year." He stops and looks around the room. Someone coughs and clears his throat.

"What we don't fully know yet is how to harness these powerful forces as an infinite energy source. That is the focus of my research and experiments for the next two years." Whoa. I sit back in my chair. This is like something from Star Trek. I try to imagine what it would mean if we could access limitless energy from the air around us. Dr. Auberge continues. "Think of the implications of a totally clean, infinitely renewable energy source. No more drilling for oil or natural gas or mining for coal. No more burning fossil fuels and the resulting air pollution. No need for nuclear power and radioactive waste." A boy on the other side of the room raises his hand. Dr. Auberge points to him. "Yes?"

"So, do you mean that right here in this room around us there is enough energy to power, like, the whole United States?"

"That is what we believe to be the case."

"Why haven't we heard more about it?"

"As I said, it is an emerging area of science. Not all scientists agree with these theories. Something this different from what we think we know is often hard for people to understand or accept. In fact, the idea of the Universal Energy Field has been around for over one hundred years and was first proposed by scientists such as Nikola Tesla, who invented the system of alternating current that all of our electricity runs on today, and Michael Faraday, who is credited with pioneering the motor. Even over two thousand years ago, Peredices referred to the cosmos as the 'plenum.' More recently, David Bohm, Ervin Laszlo, and Eric Heim risked their careers by postulating the existence of the Universal Energy Field in the face of opposition by their peers."

"How can there be energy in outer space? Isn't it a vacuum?" a girl with kinky brown hair in the front row—I think her name is Emily—asks.

"There is no atmosphere in space as there is here on earth, but it is not empty. Quantum mechanics has demonstrated that there is no such thing as a vacuum or nothingness. The universe is essentially a sea of energy. Scientists are calling it 'Dark Energy,' and while we don't know exactly what it is, Einstein predicted its existence when he postulated using a 'cosmological constant' to explain the expansion of the universe. This energy exists. The idea of accessing and harnessing Dark Energy seems like science fiction to some, but believe me, it is very real. We have to set aside what we think we know about the world around us and open our minds to new discoveries. Remember, we once thought the world was flat, and Galileo was thrown in jail for suggesting that the earth revolved around the sun." He pauses and sits down on the edge of Mr. Ogle's desk. "Just because you can't see it and you don't understand it, doesn't mean it isn't real."

Praise for The Field

"Readers will appreciate the fast-paced, compelling drama. A good choice for people who hope there's more to space than space."

—KIRKUS REVIEWS

"Tracy Richardson is a worthy heir to Madeleine L'Engle. Richardson's characters intellectually travel beyond ordinary consciousness to delve into concepts of dark energy, collective [un]consciousness and universal energy fields."

—RITA KOHN
NUVO Newsweekly

"*The Field* is a brilliant blend of soccer, science and fiction. True-to-life characters, contemporary environmental issues, and engaging metaphysical principles skirt the edges of science fiction and magical realism in this modern coming-of-age novel."

—LAURIE GRAY
Award-winning author of *Maybe I Will* and *Summer Sanctuary*

"*The Field* plunges the reader into the realistic world of high school soccer and the mystical world of the Universal Energy Field — an intriguing combination."

—JUDITH L. ROTH
Author of *Serendipity and Me*

"A combination of the real world of soccer and the mystical world of the Universal Energy Field. This is a very imaginative novel."

***—BOOKVIEWS* BY ALAN CARUBA**

"*The Field* is an electrifying … [and] imaginative book full of action and mystery. I liked that the author blended a believable story about a regular high school boy with just enough sci-fi to make it enjoyable. … If you are a soccer fan who also likes a little bit of sci-fi, this book might be for you."

—LITPICK

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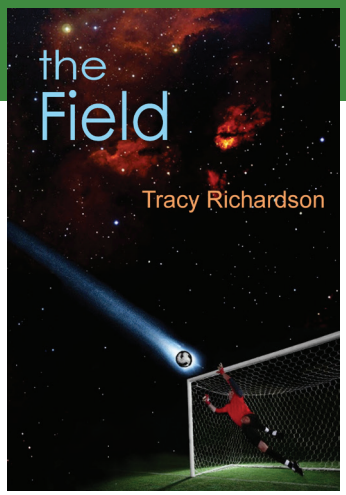

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SYNOPSIS

Eric Horton sees fire. When he sleeps, he dreams of a world screaming in the midst of devastating explosions. These dreams terrify him, and as more strange happenings unfold around him, he's unable to shake the feeling that what he's seeing isn't just a dream.

When a new student, Renee, appears in his science class, he could swear he's known her forever. But how could that be? As they get to know each other, he meets her father, who explains the experiments he's been conducting involving the Universal Energy Field and Collective Consciousness—two things Eric has never heard of before. They seem to be tied to the idea that we are all connected by the same energy and are all more powerful than we realize. Eric begins to learn more about these groundbreaking concepts—but can they be real?

As his life continues to shift and his knowledge of the Field increases, Eric will be tested beyond anything he's experienced before. He must decide whether he believes in that part of himself which ties him to the world around him, and he must access it—or lose everything he's been working to keep.

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