

ROBERT ERNEST BACH

AN INTRODUCTION

Media & Press Portfolio



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A concise resource for interviews, editorial coverage, appearances, and meaningful conversation.

Welcome

Thank you for taking the time to learn more about my work.

I write nonfiction rooted in personal experience, recovery, spirituality, and the often-difficult work of self-examination. My books do not offer quick solutions or easy answers. Instead, they invite readers into honest conversations about the beliefs we carry, the stories we tell ourselves, and the possibility of meaningful change.

Whether exploring the lasting effects of abandonment, the subtle ways our thinking can mislead us, or the quiet strength found through spiritual growth, my hope is always the same: to write with authenticity and to leave readers with something that continues to resonate long after the final page.

Like many independent authors, I wear more than one hat. I write, edit, publish, and remain closely involved in every aspect of presenting my work to readers. That hands-on approach isn't simply about independence—it's about preserving the integrity of each project from its earliest idea to the finished book.

This media kit has been assembled to provide journalists, podcast hosts, bookstores, libraries, event organizers, and book clubs with a clear overview of my work and the resources needed for interviews, articles, speaking engagements, and editorial coverage.

I sincerely appreciate your interest and look forward to the opportunity to continue the conversation.

- *Robert Ernest Bach*

About Robert Ernest Bach

Robert Ernest Bach is the author of *Abandonment Nightmares & The Honeysuckle Dream* and *Delusion of Mind Strength Through Spirit*, two nonfiction works that explore recovery, spirituality, personal responsibility, and the lifelong pursuit of emotional and spiritual growth.

His writing is shaped not by theory alone, but by lived experience. Rather than positioning himself as an expert with all the answers, Bach writes as a fellow traveler—someone willing to examine life's difficult questions with honesty, humility, and an unwavering belief that meaningful change is possible.

Throughout his work, readers will find recurring themes of resilience, forgiveness, identity, and transformation. His books encourage thoughtful reflection rather than simple conclusions, inviting readers to look beyond circumstances and consider the beliefs, perceptions, and choices that ultimately shape their lives.

Bach believes that the most powerful stories are those that tell the truth. His writing avoids sensationalism in favor of authenticity, offering readers conversations that are both deeply personal and universally recognizable. Whether discussing abandonment, addiction, spiritual awakening, or the quiet process of rebuilding a life, his goal is never to preach, but to create space for honest reflection and hope.

As an independent author, Bach remains closely involved in every aspect of his work—from writing and editing to design, publishing, and reader engagement. That commitment reflects his belief that every detail contributes to the experience a reader has with a book long before the first page is turned.

When he isn't writing, Bach is an entrepreneur, designer, and lifelong creative whose work has centered on helping people mark life's most meaningful moments with beauty, intention, and care. That same attention to detail and respect for the human experience carries naturally into his writing, where craftsmanship and authenticity remain at the heart of every project.

Through his books, interviews, and speaking opportunities, Robert Ernest Bach hopes to encourage conversations that remind people they are not defined by their past, limited by their circumstances, or alone in their search for purpose, healing, and a more meaningful life.



Robert Ernest Bach

Author | Independent Publisher

Why I Write

I have never believed that books exist merely to entertain or to fill space on a shelf. At their best, they become companions-meeting us at moments when we need perspective, understanding, encouragement, or simply the reassurance that someone else has walked a similar road.

That is the kind of book I strive to write.

My work is born from the belief that our lives are often shaped less by what happens to us than by the meaning we assign to those experiences. The stories we carry about ourselves can quietly influence our relationships, our choices, our fears, and our hopes for years before we ever stop to question them.

Writing gives me an opportunity to ask those questions.

Not to provide perfect answers, but to invite honest reflection.

I don't write to persuade people to think as I do. I write in the hope that readers will pause long enough to think more deeply for themselves. If a chapter encourages someone to reconsider an old belief, find hope where there was once despair, or simply feel less alone in their experience, then the work has served its purpose.

“Honesty has always mattered more to me than certainty.”

Why I Write

Honesty has always mattered more to me than certainty. Life is rarely as simple as we wish it to be, and growth seldom arrives through comfort alone. The conversations that change us are often the ones we would rather avoid—the quiet moments of self-examination that ask us to confront fear, pride, regret, forgiveness, and grace.

Those are the conversations I want my books to have.

I believe every person has a story that deserves compassion, including the chapters they would rather leave unread. None of us are defined by our worst moments, nor are we limited by yesterday's decisions. Change remains possible for anyone willing to pursue it with courage, humility, and an open heart.

If there is a single thread connecting everything I write, it is hope.

Not the kind of hope that ignores hardship, but the kind that survives it.

The kind that believes healing is possible.

The kind that reminds us that no matter where our journey has taken us, the next page has not yet been written.

BOOKS

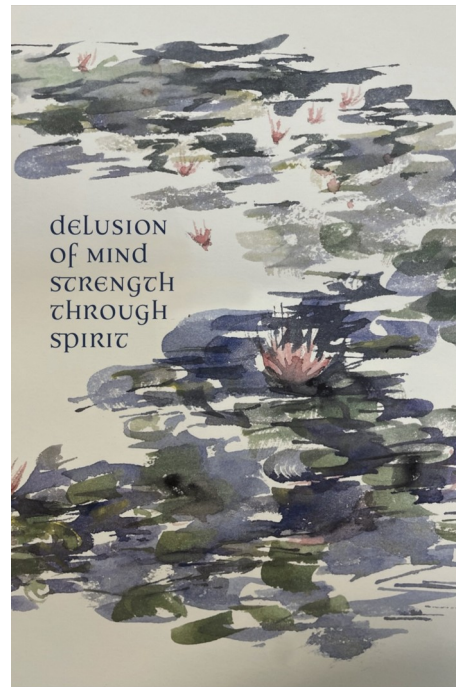
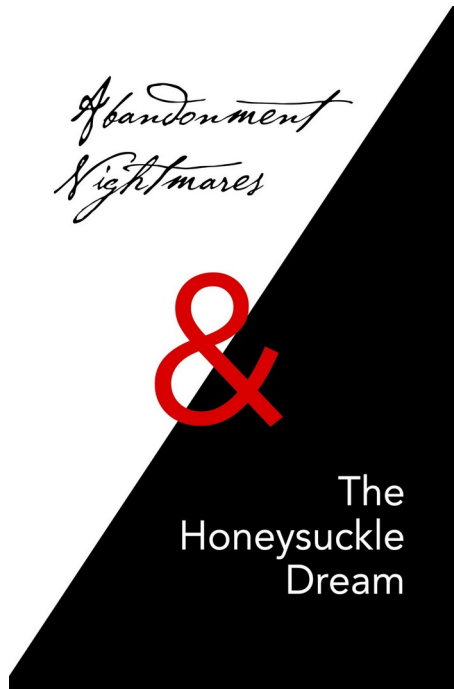
Published Works

Every book begins with a question.

Not a question the author asks the reader, but one the author is compelled to answer for himself.

For Robert Ernest Bach, each work explores a different aspect of the human experience while remaining connected by a common thread: the belief that honesty, self-examination, and spiritual growth have the power to change lives.

Together, these books invite readers to look beyond circumstances, challenge long-held beliefs, and discover hope in places where it often seems absent.



Abandonment Nightmares & The Honeysuckle Dream

*Abandonment
Nightmares*



The
Honeysuckle
Dream

Abandonment Nightmares & The Honeysuckle Dream explores the lasting impact of emotional wounds and the quiet ways they shape identity, relationships, and the stories we tell ourselves. Through deeply personal reflection and thoughtful examination, Robert Ernest Bach invites readers to consider how experiences from the past continue to influence the present and how healing becomes possible when those experiences are finally faced with honesty and compassion.

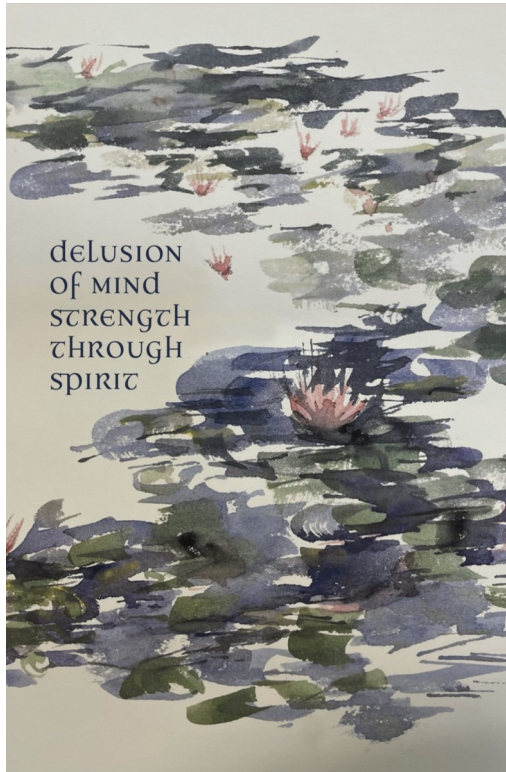
Rather than offering formulas or quick solutions, Abandonment Nightmares & The Honeysuckle Dream encourages readers to slow down, reflect, and recognize that healing is rarely about forgetting the past. Instead, it is about discovering that our past no longer has to define our future.

THEMES

- Healing from emotional wounds
- Identity and self-worth
- Forgiveness and acceptance
- Spiritual growth
- Hope beyond adversity

Available in Hardcover, Paperback, eBook, and Audiobook (in production).

Delusion of Mind Strength Through Spirit



Delusion Of Mind Strength Through Spirit examines the subtle ways fear, ego, pride, and distorted thinking influence our daily lives. Drawing from personal experience and spiritual insight, Robert Ernest Bach explores how many of the barriers we face are not external, but are rooted in the beliefs we quietly accept as truth.

With honesty and humility, Delusion Of Mind Strength Through Spirit challenges readers to question long-held assumptions, embrace personal responsibility, and discover a deeper strength that emerges through spiritual growth rather than self-reliance alone.

More than a discussion of recovery or transformation, Delusion Of Mind Strength Through Spirit is an invitation to reconsider the way we see ourselves, others, and the possibilities available when perception begins to change.

THEMES

- Recovery and transformation
- Personal responsibility
- Spiritual awakening
- Freedom from destructive thinking
- Living with purpose and intention

Available in Hardcover, Paperback, eBook, and Audiobook (planned).

• Though each book stands on its own, together they reflect an ongoing exploration of what it means to heal, to grow, and to live with greater honesty. Rather than presenting life as a series of problems to solve, Robert Ernest Bach invites readers into conversations that encourage reflection, compassion, and the enduring belief that meaningful change remains possible.

Writing Themes

While each of Robert Ernest Bach's books explores a unique journey, they are united by a consistent set of themes that continue to shape his writing. Rather than offering simple answers, his work invites readers to examine the deeper questions that influence how they live, relate to others, and understand themselves.

These themes form the foundation of every book and every conversation.

Healing Begins with Honesty

Transformation rarely begins when circumstances change. It begins when we become willing to tell ourselves the truth.

Whether confronting abandonment, addiction, fear, or self-deception, Bach believes that genuine healing starts with honest self-examination. His writing encourages readers to move beyond blame and denial toward a life grounded in authenticity.

We Are More Than Our Past

Pain leaves its mark, but it does not have to write the rest of our story.

Throughout his work, Bach returns to the conviction that while our past influences us, it does not define us. Healing is not found by pretending difficult experiences never happened, but by discovering they no longer have the authority to determine who we become.

Spiritual Growth is a Lifelong Journey

Spirituality is not presented as perfection or certainty, but as a lifelong process of learning, humility, and growth.

Rather than focusing on religious debate, Bach explores the practical ways spiritual principles can shape everyday decisions, relationships, and personal transformation.

Writing Themes

Personal Responsibility Creates Freedom

One of the recurring ideas throughout Bach's work is that freedom grows alongside responsibility.

Although we cannot control every circumstance we face, we always retain the ability to examine our responses, challenge our assumptions, and choose a different path forward.

That choice is where lasting change begins.

Compassion Changes Conversations

Every person carries a story that is often invisible to those around them.

Bach's writing encourages readers to approach both themselves and others with greater compassion, recognizing that understanding often accomplishes what judgment cannot.

Hope is an Act of Courage

Hope is not wishful thinking.

It is the quiet decision to believe that growth remains possible despite disappointment, failure, loss, or uncertainty.

This enduring belief runs through every page Bach writes. His work does not ignore life's hardships-it acknowledges them while insisting they never have the final word.

These themes are not intended to provide definitive answers. They are invitations to begin meaningful conversations-with ourselves, with one another, and with the possibility that every new chapter offers an opportunity to live with greater honesty, purpose, and hope.

Interview Topics

Robert Ernest Bach enjoys conversations that move beyond the surface. Rather than focusing solely on the books themselves, his interviews often explore the experiences, questions, and ideas that inspired them.

The topics below represent areas where thoughtful discussion naturally develops and where audiences are often encouraged to reflect on their own lives and experiences.

The Stories We Tell Ourselves

How our personal narratives shape identity, relationships, and the decisions we make every day-and how changing the story can change the direction of a life.

Living Beyond Abandonment

Exploring emotional wounds, resilience, forgiveness, and the possibility of healing without denying or minimizing the past.

Recovery as a Way of Living

Moving beyond the misconception that recovery is simply about abstinence, and exploring how honesty, humility, accountability, and spiritual growth become lifelong practices.

Spirituality in Everyday Life

A practical conversation about faith, purpose, gratitude, and personal growth without losing sight of life's everyday challenges.

The Courage to Tell the Truth

Why meaningful change begins with honesty, and why the conversations we avoid are often the ones capable of transforming us.

CONTINUED

Interview Topics

Self-Publishing Without Compromise

Building an independent publishing platform with professional standards while remaining true to one's voice, vision, and creative independence.

Writing from Experience

The opportunities and responsibilities that come with drawing from personal experience while creating work that resonates with a broad audience.

Hope After Adversity

Finding meaning beyond disappointment, embracing resilience, and discovering that life's most difficult chapters are rarely the final ones.

Creativity, Entrepreneurship, and Purpose

The surprising connections between creative work, business, craftsmanship, and living a life guided by intention rather than circumstance.

The Next Chapter

Every ending creates the possibility of a beginning.

Whether discussing personal growth, future writing projects, or the evolving journey of an independent author, Bach enjoys conversations that encourage audiences to see possibility where they may have previously seen limitation.

While these topics frequently arise during interviews, every conversation is unique. Robert Ernest Bach welcomes opportunities for thoughtful dialogue and believes the most meaningful interviews often begin with genuine curiosity rather than prepared answers.

Suggested Interview Questions

The following questions are provided as a starting point for interviewers, podcast hosts, bookstores, libraries, book clubs, and media professionals. While every conversation develops naturally, these topics often lead to thoughtful discussions about writing, personal growth, spirituality, and the human experience.

On Writing

1. Your books explore deeply personal subjects. Was there a moment when you realized these stories needed to be written?
2. You often write about difficult experiences with remarkable honesty. Do you ever find that vulnerability intimidating?
3. What does a successful book mean to you? Is it measured in sales, or in something less tangible?
4. You describe yourself as an independent author. What has that journey taught you about creativity and perseverance?

On Healing

5. Both *Abandonment* and *Delusion* suggest that healing begins with honesty. Why is honesty such a central theme in your work?
6. Do you believe people can truly change, or do they simply learn to live differently?
7. Many readers carry wounds they rarely speak about. What would you hope they discover in your books?
8. You've written that we are not defined by our past. Was there a moment in your own life when that truth became real?

Suggested Interview Questions

On Spirituality

- 9. Spirituality plays an important role in your writing without feeling exclusive or dogmatic. Was that balance intentional?
- 10. How has your understanding of spirituality evolved since you began writing?
- 11. What role does hope play in a world that often feels divided and uncertain?

On Perspective

- 12. One of your recurring ideas is that the stories we tell ourselves shape our lives. Can you explain what you mean by that?
- 13. If readers could walk away remembering only one idea from your work, what would you hope it would be?
- 14. Do you think people spend enough time asking themselves difficult questions?

On Life

- 15. Has writing changed the way you see yourself?
- 16. What have your readers taught you that you didn't expect to learn?
- 17. Is there a conversation you wish society had more often?
- 18. Looking back, is there something your younger self desperately needed to hear?

CONTINUED

Suggested Interview Questions

Looking Ahead

19. What conversations are you hoping your future books will continue to explore?

20. When readers finish one of your books, what do you hope stays with them long after they close the final page?

While these questions serve as helpful starting points, Robert Ernest Bach welcomes authentic conversations that evolve naturally. The most meaningful interviews are rarely scripted; they grow from curiosity, thoughtful listening, and a willingness to explore ideas that matter.

Speaking & Presentations

Robert Ernest Bach welcomes opportunities to engage audiences through thoughtful conversations that inspire reflection, encourage personal growth, and foster meaningful dialogue.

Whether addressing a small book club, participating in a podcast interview, speaking with a recovery community, or presenting to a larger audience, Bach approaches every engagement with the same philosophy that guides his writing: authenticity creates connection.

Rather than delivering rehearsed performances, he believes the most memorable presentations become conversations—ones that leave audiences asking better questions about themselves, their relationships, and the possibilities that still exist within their own lives.

Topics of Discussion

Presentations and conversations may include:

- Healing from emotional wounds and moving beyond the past
- Recovery as a lifelong journey of growth
- Spirituality as a practical way of living
- Personal responsibility and the freedom it creates
- The power of honest self-examination
- Writing from lived experience with authenticity and compassion
- The independent publishing journey
- Creativity, resilience, and building a meaningful life
- Audience questions and open discussion

Formats

Robert Ernest Bach is available for a variety of appearances, including:

- Podcast interviews
- Book clubs
- Library author talks
- Bookstore events and signings
- Literary festivals
- Community organizations
- Recovery and wellness communities
- Faith-based organizations
- Educational discussions
- Virtual presentations and webinars

Every Audience Has a Story

No two audiences are alike.

For that reason, every presentation begins with a conversation rather than a script. Bach works with organizers to understand the interests of their audience and tailors each appearance accordingly, creating an experience that feels personal, relevant, and engaging.

Whether speaking with a room of twenty people or an audience of hundreds, the objective remains the same:

To create an environment where people feel encouraged to think honestly, listen openly, and leave with renewed hope for the chapters of life still waiting to be written.

Booking Inquiries

Speaking engagements, interviews, podcasts, and event invitations are welcomed through the contact information provided at the conclusion of this Media Kit or through:

RobertErnestBach.com

RobertErnestBach@gmail.com

Media Resources

The following resources are available to support interviews, articles, event promotion, editorial coverage, and speaking engagements.

Members of the media, podcast hosts, bookstores, libraries, literary organizations, and event coordinators are welcome to use these materials in connection with Robert Ernest Bach and his published works.

Author Photography

Professional, high-resolution author photographs are available for print and digital publication.

Available formats include:

- Full-color headshots
- Black & white headshots
- Web-optimized images
- High-resolution print files (300 dpi)

Book Cover Artwork

High-resolution cover images are available for each published title.

Available formats include:

- Hardcover covers
- Paperback covers
- Web-resolution images
- Print-resolution files
- Three-dimensional book renderings

Author One Sheet

A professionally designed Author One Sheet is available for media professionals, bookstores, libraries, festivals, and event organizers seeking a concise overview of Robert Ernest Bach, his published works, and contact information.

Book Information

Editorial resources are available for each published title, including:

- Book descriptions
- Short and extended synopses
- Publication information
- Available formats
- Purchasing information

Biography

Approved author biographies are available in multiple lengths to accommodate a variety of editorial needs, including:

- Short biography
- Standard biography
- Extended biography

Interviews & Speaking

Interview requests, podcast appearances, book club discussions, bookstore events, library presentations, literary festivals, and speaking engagements are welcomed.

Whenever possible, requests are accommodated to meet publication schedules and event timelines.

Editorial Use

The materials contained within this Media Kit may be used for legitimate editorial, promotional, educational, and event-related purposes when referencing Robert Ernest Bach or his published works.

Whenever practical, attribution to RobertErnestBach.com is appreciated.

Every interview, article, podcast, and public conversation represents an opportunity to connect readers with ideas that encourage reflection, hope, and meaningful dialogue.

Thank you for taking the time to explore these resources and for your interest in sharing Robert Ernest Bach's work with your audience.

Robert Ernest Bach

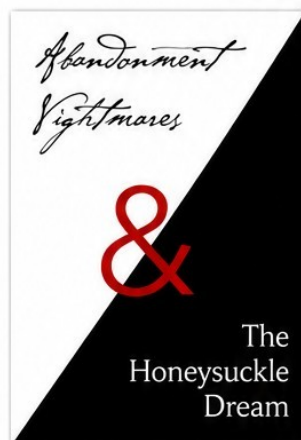
AUTHOR

ABOUT THE AUTHOR

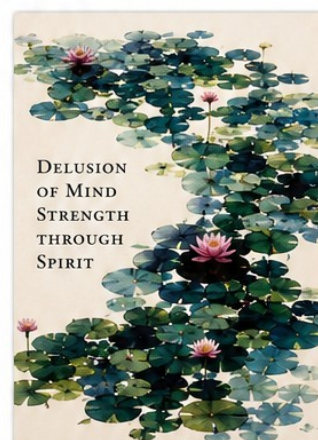
Robert Ernest Bach is the author of *Abandonment Nightmares & The Honeysuckle Dream* and *Delusion Of Mind Strength Through Spirit*. His writing explores recovery, trauma, awareness, and the human experience through lived experience rather than theory. Drawing from decades of personal reflection and service, Bach invites readers to look beyond familiar narratives and examine the beliefs that shape their lives. His work encourages thoughtful conversation about healing, identity, and transformation. He lives in Rhode Island, where he continues to write while serving clients through his family-owned floral design studios.



PUBLISHED WORKS



*Abandonment Nightmares
& The Honeysuckle Dream*



*Delusion Of Mind Strength
Through Spirit*

SPEAKING TOPICS



RECOVERY &
RESILIENCE



TRAUMA &
PERSONAL GROWTH



WRITING FROM
LIVED EXPERIENCE



AWARENESS &
TRANSFORMATION

CONTACT



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Rhode Island, USA

Complete media resources are available at RobertErnestBach.com/media



ROBERT ERNEST BACH

AUTHOR

"Every story has the power to change a life. Sometimes the first one it changes is our own."

Thank you for taking the time to explore my work.

Whether your interest comes through journalism, podcasting, bookselling, librarianship, event planning, or simply a shared appreciation for meaningful conversation, I sincerely appreciate the opportunity to connect.

I have always believed that the best conversations begin with curiosity rather than certainty, and that the most memorable stories are those that encourage us to see ourselves-and one another-with greater honesty, compassion, and hope.

If these pages have resonated with you, I would be honored to continue the conversation.

Contact

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- Robert Ernest Bach