

A. M. YOUNG

MEDIA KIT

AUTHOR | POET | GUIDED REFLECTION

Stories of memory, identity, family, reflection, and the selves we become.

ABOUT A. M. YOUNG

A. M. Young is an author whose work explores memory, identity, family, self-recognition, and the complicated ways people become themselves. Her writing moves across memoir, poetry, and guided reflection, with a particular interest in what survives silence and what becomes possible when people return to their own stories with clearer eyes.

She is the author of *What Happens in the Family: A Story of Survival*, creator of the guided journal *Quiet Courage*, and author of the forthcoming poetry collection *Fingerprints on My Glass*. Her work invites honest reflection without reducing complicated lives to tidy lessons.

AT A GLANCE

Name: A. M. Young

Genres: Memoir, poetry, guided reflection

Imprint: K3 Literary

Publisher: Regal Enterprises LLC

Website: www.amyoungauthor.com

SHORT BIO FOR LISTINGS

A. M. Young writes across memoir, poetry, and guided reflection, exploring family, memory, identity, survival, and self-recognition. She is the author of *What Happens in the Family: A Story of Survival*, creator of *Quiet Courage*, and author of *Fingerprints on My Glass*. She publishes through K3 Literary, an imprint of Regal Enterprises LLC.

www.amyoungauthor.com

BOOKS & CURRENT WORK

WHAT HAPPENS IN THE FAMILY: A STORY OF SURVIVAL

Memoir | Published

A memoir about family, silence, survival, accountability, and the difficult work of looking directly at the stories that shape us.

QUIET COURAGE

Guided Journal | Forthcoming

A guided journal for healing, reflection, and reclaiming your life, built around honest interior work, self-trust, and the quiet choices that help people reconnect with themselves.

FINGERPRINTS ON MY GLASS

Poetry | Forthcoming 2026

A collection of poems first written between 2003 and 2006 and revisited years later, allowing the writer she was and the woman she became to share the same page. The collection moves through womanhood, desire, family, social realities, grief, memory, and self-recognition.

GOLDEN SHADOW

Reflective Nonfiction | Coming Soon

A reflective exploration of the parts of ourselves we learn to hide, soften, or reshape in order to be accepted, and what it can mean to reclaim those pieces with intention.

CHASING THE SUN: THROUGH THE DARKER SEASONS

Reflective Guide | In Development

A reflective guide to the emotional weight of seasonal change, exploring shifts in mood, energy, motivation, and hope while offering space for awareness and intentional self-connection.

K3 Literary is an imprint of Regal Enterprises LLC.

MEDIA, INTERVIEWS & FEATURES

CONVERSATION TOPICS

- Family stories, silence, survival, and accountability
- What it means to revisit your own story years later
- Journaling as a tool for reflection, self-trust, and connection
- Writing across memoir, poetry, and guided reflection
- Recovering old creative work without rewriting the person who created it
- Womanhood, identity, memory, desire, grief, and self-recognition in poetry

SELECTED MEDIA & REVIEWS

Podcast: SbfavorThinking Podcast, Episode 54, "A Story of Survival with Author A M Young"

[Watch / listen to the interview](#)

Review: Amanja Reads Too Much, review of What Happens in the Family

[Read the review](#)

Reader / reviewer coverage: Detask Reviews and reader ratings on Amazon and Goodreads.

READY-TO-USE HOST INTRODUCTION

A. M. Young is an author and poet whose work explores family, memory, identity, survival, and self-recognition. She is the author of the memoir *What Happens in the Family: A Story of Survival*, creator of the guided journal *Quiet Courage*, and author of the poetry collection *Fingerprints on My Glass*. Her writing asks what we carry forward, what we learn to see differently, and what becomes possible when we return to our own stories with clearer eyes.

MEDIA CONTACT

Interview requests, book features, review copies, and media inquiries: www.amyoungauthor.com

Publishing imprint: K3 Literary, an imprint of Regal Enterprises LLC

High-resolution author photographs, book-cover files, and additional interview materials can be supplied for approved editorial use.