

~ Author Meagan F. Clements sits down for a one-on-one interview with Peter Adeyi, a digital assistant and book marketing coach, helping authors build stunning websites and create email campaigns that resonate with readers. ~

PA: Hi Meagan! I really enjoyed reading your 'About' section [on your website]. Your passion for music, writing, and working with students really shines through.

I thought it was so cool that you've interviewed artists like Jonny Lang and Hanson! I'm a big fan of storytelling that blends real-life experiences with creativity, and your approach really stood out to me.

MFC: Hi, Peter! Yes, Jonny Lang was a fun interview for sure! VERY humble musician.

PA: That's great to hear Meagan. I always admire artists who stay grounded. It makes their music even more meaningful.

PA: I'd love to hear more about your latest book series with the musical house flies. It sounds like such a unique and fun concept! Do you have a favorite character or part of the story that you especially enjoyed writing?

MFC: Yes! I enjoyed writing *There's No Such Thing as a Perfect Fly* because I have always loved the concept of teaching others (and myself) that perfection doesn't exist, and flaws make us unique.

PA: I really love the way you brought out that message. Using flies to teach about imperfections is so creative and unexpected. It's the kind of thing that sticks with you.

PA: That idea of embracing our flaws really speaks to me. Was it something personal that inspired the story, or did it just come to you along the way?

MFC: *It was something very personal. I have a few scars on myself (I had stitches on my tummy) and was struggling the day I wrote the book with acne and wasn't feeling very confident in my appearance.*

PA: *Thank you so much for sharing that with me, Meagan. That takes a lot of courage, and I really admire how you turned such a personal challenge into a message that can uplift others, especially kids who might feel the same way.*

PA: I can see how your own journey makes the story even more powerful. Are you planning to explore more themes like that in future books?

MFC: *Absolutely. All my writing will undoubtedly explore themes to inspire and uplift others, based on personal challenges that I, myself have endured.*

PA: *That's truly inspiring, Meagan. It's amazing how you're turning personal challenges into meaningful stories that can touch others deeply especially younger readers who need that kind of encouragement.*

PA: It makes me wonder, when you're writing, do you find it healing for yourself too? Or is it more about helping others through your words?

MFC: *I specifically write for myself. Most of the things I write about are based on real-life experiences or emotions that I deal with daily. So, you are correct. My writing is absolutely healing for myself. My self-help series in particular features books on topics such as OCD and anxiety (both things I have struggled with), and all the helpful tips for learning to manage OCD and anxiety in those two books is advice for myself...you know, things I need to remind myself from time to time.*

PA: *That really hits home, Meagan. I think it's powerful when writing becomes both an outlet and a mirror where the advice we give is actually something we're still learning ourselves. It's amazing how your self-help series can serve others while staying so personal. I imagine a lot of people feel seen and comforted by your honesty.*

PA: **Do you ever hear from readers who say your words helped them through something similar?**

MFC: *Yes, actually. At one of the craft fairs where I was selling my books, a mother and her 11-year-old son came back to visit my booth and say that they read one tip from my 60-tip anxiety and stress book per night before bed and discussed its meaning. The mother told me that it had really helped her son cope with anxiety related to being a kid in middle school, which isn't exactly easy. That made me feel really good!*

PA: *That's such a beautiful story, Meagan. I can only imagine how meaningful that moment must've been, to know your words were part of that family's nightly routine, actually making a difference in a young boy's life.*

It's amazing how something you wrote for yourself ended up helping someone else navigate something so real. I hope you have many more of those moments. They're a testament to how needed your voice really is.

PA: Do moments like that ever shape the way you approach your next book, or do you still mostly let the writing follow your own healing process first?

MFC: *Always and forever — let the writing follow my own healing process first. My journey will inevitably impact and affect others positively, but it is unlikely to do so if I consider my audience first. Myself first, then my audience...always!*

PA: *I really admire your approach, Meagan. There's something powerful about creating from a place of honesty and letting the impact follow naturally. Just hearing how personal your writing is makes it clear how deeply it can resonate.*

PA: I'm wondering — do you have a vision for building a community around your books and your healing journey? Maybe a space where others walking a similar path can feel connected and supported?

MFC: *I don't have a specific, laid-out and defined vision, no. But that's something to work toward.*

PA: *That makes total sense! Sometimes the best things start as a feeling, not a fully mapped-out plan.*

You know, something as simple as sharing little reflections from your journey on social media could be a really beautiful way to start building that kind of space. Even just posting the kind of reminders

you write for yourself — those honest, real moments might really speak to others going through something similar.

PA: *Have you ever thought about doing that? Just using your page like a gentle journal and seeing who it resonates with?*

MFC: *Well, that's kind of the format I've taken with my self-help book series. The "On-The-Spot Tips For..." series is one tip per page that is actually written more like a diary or journal excerpt. I have books on anxiety, grief, caregiving, OCD, etc. and all the books are based on real-life experiences I went through. They were cathartic for me, and I go back and re-read my own advice when I am struggling.*

PA: *I really love how personal and grounded your approach is, Meagan.*

PA: *How's it been going so far with the series? Are people finding their way to it?*

MFC: *It's been a struggle, to be honest. Being a self-published author definitely comes with its challenges but one day I'll strike gold as an author!*

PA: *I really appreciate your honesty, Meagan, and I hear you. The self-publishing path isn't easy, especially when you're pouring so much of yourself into the work. But I truly believe stories like yours will find the people who need them most. It just takes time, consistency, and the right spark.*

PA: What's felt like the hardest part of getting your books out there? Maybe we could brainstorm a few fresh ideas together, if you're open to it.

MFC: Probably just the competition. With self-publishing, anyone can publish a book but not everyone should. There are 'authors' who really aren't that talented who are just publishing for the sake of publishing. 90 percent of those who self-publish shouldn't be publishing and only 10 percent really have what it takes to actually publish. Only 10 percent are actually talented writers with a gift for narration, creative writing, writing that has organization and a nice flow to it. I actually take very seriously what I do, and I try to do it the right way — well-written stories that aim to inspire and uplift others.

It's hard to sift through the garbage out there to find the real gems.

PA: To be honest Meagan, what you're describing isn't just a self-publishing problem. Every profession has its share of people who are in it for the wrong reasons, or who rush into it without the craft. But that's exactly why voices like yours need to exist and stand out. The way you approach your writing with honesty, intention, and a real desire to help others already sets your books apart. They're not just 'content,' they're lived experiences, and that kind of depth will always find its way to the right readers.

PA: Have you thought about ways to help your books cut through the noise a bit more?

MFC: I agree! I have thought about ways, I'm always brainstorming...

PA: *That shows you truly care about both your message and the way it reaches people, which already puts you in a great position to grow something meaningful. If you ever feel like talking through ideas or getting an outside perspective, I'd be happy to bounce a few around with you.*

WFC: *Will do! Thank you so much for your time! It was fun chatting with you. :-)*