

Lauryn Dyan

Fiction Writer & Music Lover



About Hollow Stars

As lead singer of popular, emerging rock band, Tracing Stars, Kennedy has the swagger of a badass, or at least she used to. While caught up in the booze, passion, and chaos of her first major rock tour, her dreams are erased by a string of ever-worsening blackouts. Now the instability of her mind has landed her in a psychiatric hospital. Despite being convinced one of her tour mates sabotaged her, she lacks any evidence. Trapped in the asylum, she alternates between the past and the present determined to recover her lost memories so she can return to her band before she's just a footnote in their rise to fame.

Ordering Information

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Excerpt

I used to blackout every night and it was marvelous. I took those dark periods of nothingness as a sign I had made it. That the world was affirming what my fragile ego was slow to accept. That I was a beloved success. I mean, what persona is supposed to party harder than a rock star? None in my book. So, when reality started slipping from my intoxicated hands, I didn't worry. I didn't turn to my friends and bandmates, my manager, or my mom to help me get a handle on my mind. I embraced it. I let hedonism pull me further down the rabbit hole and patted myself on the back. Job well done, Kennedy. You are officially amazing.

Now, I realize how utterly wrong I was. That losing a part of your life isn't how you celebrate it. I took for granted that I was the reason I blacked out all those crazy nights on tour. I did it to myself. Alcohol, drugs, whatever caught my eye was all I needed to send me into the darkness that was my happy place. How foolish was I not to see this as a problem? Most people would turn away from a blackhole but I just skipped right into it. It wasn't until it had twisted me completely upside-down that I tried to find my way out. Unfortunately, even when I got clean, the blackouts still came. My control was gone. And now, I sit alone in my cage, living my worst fear: that I am as forgotten as those drunken nights punched from my memory like holes in Swiss cheese.

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About Lauryn Dyan

Lauryn Dyan is a marketing professional by day, an author and designer by evening, and a black-eyeliner-wearing-jumping-bean that loves to sing her lungs out at concerts by night. When not busy with her husband or triplets—yes, triplets—she is continually working on, or at least thinking about, her next great story that will keep you guessing.

Interview Questions

Who were the musical influences for Hollow Stars?

I have always loved rock music, but it is the emo/screamo scene of the early 2000s that most influenced *Hollow Stars*. The majority of the characters are inspired and/or named after an artist, band, or song title as a way to pay homage to their art and influence.

Concert Photos by Lauryn Dyan



The Used



Thrice



Taking Back Sunday



PVRIS

What kind of research did you do for this story?

I went to a ton of concerts if that counts as research! For the original song lyrics I wrote in the book, I took an online course in songwriting from the Berklee College of Music. I liked the class so much I stuck with it to get a certification. For the psychological parts, I interviewed a former psychiatric nurse to ensure the settings and interactions were realistic.

How important do you feel mental health is to the music industry today?

We have lost so many great artists recently, it's disheartening. I know for me and a lot of others, music is our therapy, and it is hard when someone who helped you through your struggles loses to their own. An awareness that happiness is sometimes only skin deep is important, and supporting those that need help, are paramount.

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Promotional Quotes

"When rock star Kennedy lands in a psych hospital after a string of blackouts on tour, she must relive her past to understand how and why in a fight to get back to her band in the thriller *Hollow Stars*."

"Discover the dire side effects of partying like a rock star in *Hollow Stars*."

"*Hollow Stars* follows fiery Kennedy as she pieces together what morphed her from up-and-coming rock star to committed psychiatric patient."

Awards

Semi-finalist in the 2017 Tuscon Festival of Books Annual Writing Contest.



Accompanying Spotify Playlist



Promotional Guitar Picks



Bookmarks for Paperbacks