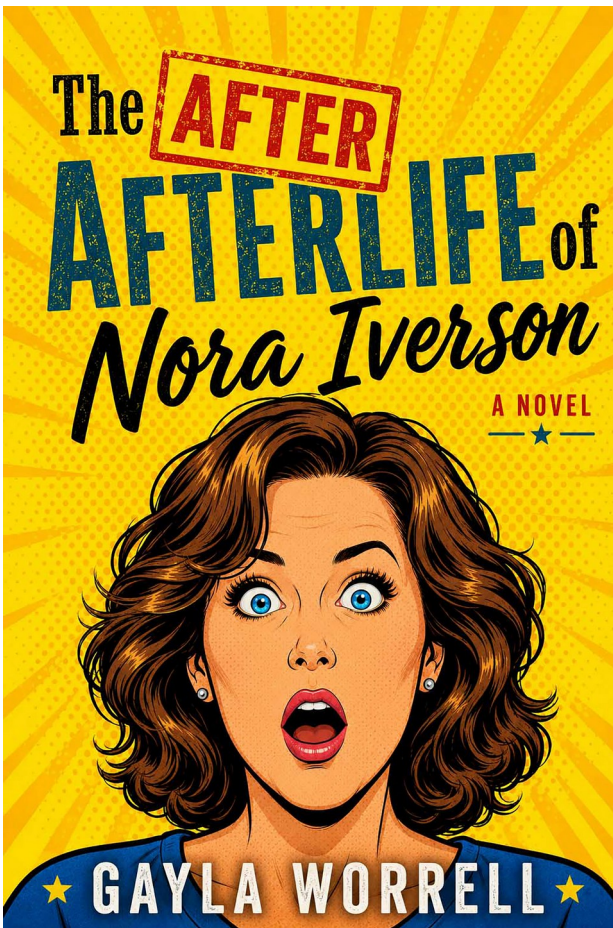




MEDIA KIT

The After Afterlife of Nora Iverson

A novel by Gayla Worrell

Official publication date

September 15, 2026

Coastside Bookworks

Wholesale distribution through Ingram

gaylaworrell.com

hello@gaylaworrell.com



THE BOOK

Book description

Title	The After Afterlife of Nora Iverson
Author	Gayla Worrell
Publication	September 15, 2026 Coastside Bookworks
Availability	Digital and paperback Wholesale distribution through Ingram

Approved Amazon blurb

Nora Iverson liked her life exactly the way it was. She had a husband she adored, a dog who was happiest by her side, a career diving into other people's stories, and a book club full of friends who even talked about the book sometimes.

And then one afternoon everything changed.

Now Nora can't shake the feeling that she's been given another chance, even if she has no idea what she's supposed to do with it. It doesn't help that her idea of a bold new life falls more towards trying a new restaurant without checking the reviews than to anything that would require a liability release. As she stumbles through awkward new beginnings that often go hysterically sideways, and a battle to save the bookstore she loves, Nora questions what it really means to get a second chance.

Warm, funny, and occasionally absurd, *The After Afterlife of Nora Iverson* asks what it really means to live a fulfilling life.

Editorial overview

The *After Afterlife* of Nora Iverson is a warm, comic novel about a woman who survives a brush with death and becomes convinced that a second chance should come with instructions. Nora already has a life she values, including a loving marriage, meaningful work, an aging dog, close friends, and a beloved local bookstore. Her challenge is not to escape a broken life. It is to decide whether a good life can still ask more of her.

The story turns that question into a series of funny, tender experiments. Nora tries unfamiliar activities, confronts the anxieties that linger after a medical crisis, and discovers how humbling it can be to become a beginner again. At the same time, a conflict at Books and Brews gives her something larger than herself to defend. The bookstore plot brings the novel's private and communal concerns together by showing how a familiar place can hold memory, friendship, routine, and belonging.

Across the novel, change happens through participation rather than reinvention. Nora's most meaningful discoveries come through ordinary acts such as showing up, asking for what she needs, making imperfect things, laughing at failure, and paying closer attention to the people and rituals already sustaining her. The result is a hopeful story that treats growth as both sincere and ridiculous, often in the same scene.

Central themes

Second chances without erasing the first life Nora's journey asks whether transformation must be dramatic, or whether a fuller life can grow from small changes in attention and choice.

The freedom of being a beginner Yoga, pottery, games, and other new experiences turn awkwardness into a source of comedy, connection, and self-trust.

The meaning inside ordinary life Marriage, friendship, books, coffee, shared routines, and quiet evenings carry as much emotional weight as grand gestures.

Community places and belonging Books and Brews functions as more than a shop. It is a social anchor whose value becomes clearest when access to it is threatened.

Fear, safety, and renewed confidence The novel acknowledges the anxiety that can follow a sudden medical crisis while allowing recovery to be uneven, practical, and deeply human.



CONVERSATION STARTERS

Media angles

What a second chance really asks of us The novel offers an alternative to the total life makeover. Nora's experience opens a conversation about attention, participation, and the value of a life that was already good.

Becoming a beginner in midlife Nora's attempts to learn unfamiliar skills show why adults often avoid being visibly bad at something, and what becomes possible when embarrassment stops making the decisions.

Humor as a way through fear The book lets near death, anxiety, aging, and vulnerability coexist with physical comedy, sharp dialogue, and escalating small town absurdity.

The modern independent bookstore as a third place Books and Brews is a gathering point for readers, workers, friends, and neighbors. Its role in the story invites discussion about the civic and emotional value of local book spaces.

A long marriage that remains part of the adventure Nora and Fred's relationship is built from familiarity, tenderness, teasing, and daily care. Their partnership shows how established love can keep changing without being placed in crisis.

Female friendship as practical infrastructure Nora's friends provide humor, loyalty, momentum, and occasional chaos. The book treats friendship as one of the systems that makes resilience possible.

Creative work on both sides of the page Nora's editorial career and her experiments with pottery explore different forms of making, collaboration, judgment, imperfection, and trust in a process.

Life after a sudden food allergy diagnosis Without becoming a medical guide, the story depicts the vigilance, restaurant conversations, and loss of ease that can follow a severe allergic event, along with a gradual return of confidence.

Suggested coverage formats

Author interview A conversation about writing humor, midlife change, community, and the creative life.

Book and culture feature A story about second chances, adult beginnerhood, or the value of independent bookstores.

Reader event A discussion with book clubs, libraries, or bookstores about fulfillment and the ordinary practices that make a life feel lived.

Craft conversation An interview about balancing comedy with vulnerability and building a character arc from small choices.

Suggested interview questions

- 1 Nora begins with a life she genuinely likes. Why was it important for her second chance story to begin from contentment rather than dissatisfaction?
- 2 What drew you to the comic possibilities of a near death experience and its aftermath?
- 3 Nora expects change to feel dramatic, yet much of her growth arrives through ordinary choices. What interested you about that tension?
- 4 Why did becoming a beginner feel like the right way to test Nora's ideas about living more fully?
- 5 How did you balance physical comedy and absurd situations with the real fear that follows Nora's medical crisis?
- 6 Books and Brews holds an unusually important place in Nora's life. What can an independent bookstore provide beyond books and coffee?
- 7 Nora works as an editor inside a novel. What did that profession allow you to explore about stories, control, and collaboration?
- 8 Fred and Nora have been married for many years and still make each other laugh. What did you want their marriage to contribute to the story?
- 9 Barb and the book club often turn support into action. What role does female friendship play in Nora's recovery and confidence?
- 10 The novel returns often to imperfect creative work. Why does making something badly at first matter so much to Nora?
- 11 How did you decide which parts of Nora's transformation should be quiet and which should become larger comic set pieces?
- 12 What do you hope readers reconsider about fulfillment after spending time with Nora?

AUTHOR AND PUBLICATION DETAILS

About Gayla Worrell



Gayla Worrell

Gayla Worrell writes fiction that centers strong, authentic women facing life's messy, beautiful, and sometimes deadly moments. From contemporary stories exploring relationships and personal growth to cozy-ish mysteries with sharp plotting and memorable characters, her work celebrates women who navigate challenges with resilience and wit.

A lifelong reader and longtime book reviewer, Gayla lives in San Francisco with her wife where she's perpetually juggling multiple story ideas and trying to keep track of the cast of characters that live in her head.

Publication details

Official publication date	September 15, 2026
Publisher	Coastside Bookworks
Wholesale distribution	Ingram
Digital ISBN	979-8-952432-00-0
Paperback ISBN	979-8-234-12881-2
Website	gaylaworrell.com

Media contact

hello@gaylaworrell.com

High resolution cover art and author photography are available for editorial and event use.