



***The Secret to Happiness*
by Suzanne Woods Fisher**

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Paperback ISBN: 978-0-8007-3948-5

\$16.99; 320 pp

Ebook ISBN: 978-1-4934-4131-0

Release date: May 2023



***Hitting Rock Bottom May Be the Very Best
Place to Be***

“This deliciously concocted novel is a charming start to a sure-to-satisfy series.”

—*Booklist*, review on *The Sweet Life*

Ada, Mich.—In 2022, bestselling author Suzanne Woods Fisher unveiled her deliciously compelling new book, *The Sweet Life*, the first book in the Cape Cod Creamery series. In Fisher’s sophomore novel, *The Secret to Happiness*, Fisher introduces readers to executive chef Callie Dixon, who is recovering from a major setback in her well-planned life. Desperately in need of some soul searching, she ends up at a small ice cream shop on Cape Cod. It takes the charm of a young boy to help her find the answers she’s looking for—and maybe the secret to happiness.

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Callie Dixon had the world by its tail . . . until it all slipped away. Fired from her dream job after making a colossal mistake, she’s escaped to her aunt’s home on Cape Cod for time to bounce back. Except it isn’t a home, it’s an ice cream shop. And time isn’t going to help, because Callie’s bounce has up and left. There’s a reason she made that mistake at work and she’s struggling to come to terms with it.

Things go from bad to worse when Callie’s cousin Dawn drags her to a community class about the secret to happiness. Happiness is the last thing Callie wants to think about right now, but instructor Bruno Bianco—a curiously gloomy fellow—is relentless. He has a way of turning Callie’s thoughts upside down. Her feelings, too.

Could Bruno be right when he says that hitting rock bottom is the very best place to be? If so, how is that supposed to help her find exactly what—or who—has been missing all along?

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About the Author

Suzanne Woods Fisher is an award-winning, bestselling author of more than thirty books, including *The Sweet Life*, *The Moonlight School*, and *A Season on the Wind*, as well as the Three Sisters Island, Nantucket Legacy, Amish Beginnings, The Bishop's Family, The Deacon's Family, and The Inn at Eagle Hill series. She is also the author of several nonfiction books about the Amish, including *Amish Peace* and *Amish Proverbs*. She lives in California. Learn more at www.suzannewoodsfisher.com and follow Suzanne on Facebook @SuzanneWoodsFisherAuthor and Twitter @suzannewfisher.

PRAISE for Suzanne Woods Fisher's Novels

"This is another winner from Fisher."

—*Publishers Weekly on Anything but Plain*

"*At Lighthouse Point* rounds out Fisher's charming modern-day Three Sisters Island trilogy."

—*Booklist on At Lighthouse Point*

"Ms. Fisher is a master at storytelling and this novel does not disappoint! This is quite possibly the best book in the series! *At Lighthouse Point* is a keeper for sure!"

—*Romance Junkies on At Lighthouse Point*

"Fisher's fans will love this sweet tale."

—*Publishers Weekly on The Moonlight School*

"Well-drawn characters and a compelling plot bring this slice of history to life."

—*World Magazine on The Moonlight School*

"This winsome tale will hit the spot for fans of contemporary inspirations."

—*Publishers Weekly on On a Coastal Breeze*

"This book was such a delightful read, and so is the author who wrote it. I love anything she writes! A very moving, well-written book. I enjoyed it immensely!"

—*Interviews & Reviews on On a Coastal Breeze*



Sample Interview Questions for Suzanne Woods Fisher

The Secret to Happiness

Can you please provide a brief summary of your novel, *The Secret to Happiness*?

Callie Dixon arrives at the Main Street Creamery for a short visit with her relatives. Just to get her bounce back, she says, while she's in-between jobs. To Marnie's and Dawn's distress, Callie heads straight to bed and stays there. Turns out her bounce has up and left.

In *The Sweet Life*, book one of the Cape Cod Creamery series, you introduce readers to Dawn and Marnie Dixon. How is Callie Dixon in *The Secret to Happiness* related to Dawn and Marnie?

While at Penn State's Ice Cream School, Marnie Dixon bumps into her husband's niece, Callie, whom she hasn't seen in years. Something seems "off" with Callie, so Marnie invites her to Cape Cod. More specifically, she doesn't stop Callie when she invites herself.

Callie Dixon is an executive chef until a colossal mistake upends her "perfect" world. Can you offer a hint of what might have happened at her former job?

I borrowed a real-life situation for Callie. During an actual Food Safety Conference, a sauce for chicken was accidentally left out overnight and served to attendees the next day. Hundreds got sick. Such irony! That scenario had to go into a novel.

Why did Callie choose to relocate to Cape Cod?

Actually, I think Cape Cod chose Callie.

Although Callie's life has gone through a major upheaval, she is resistant to going to a community class about the secret to happiness. How does this class make an impact on her life?

While Callie didn't know what to think about the Secret to Happiness class, she definitely didn't expect a gloomy instructor. Although Bruno Bianco had written a book on the topic, he never smiled. Never joked, never laughed. Happiness, it seemed, was serious business.

Your male protagonist, Bruno Bianco, told Callie, "Hitting rock bottom may be the very best place to be." What did he mean by this statement?

Bruno might be gloomy (he would say "somber"), but he has tremendous insights about what it would take to live a fulfilled, contented life. Readers will enjoy discovering how he ended up studying and teaching on the topic of happiness. Let's just say it has something to do with hitting rock bottom.

What other life lessons can readers gain from reading *The Secret to Happiness*?

Here's the biggest one Callie learned: Who or what is telling her story? Once she realized what she'd been letting define her, she was ready to grab hold of her life.

What inspired the idea for this series?

My husband's passion for ice cream making. Like Dawn and Marnie Dixon, he attended Penn State's Ice Cream School. My editor, after sampling my husband's ice cream, and told me she wanted a series that would include ice cream. I took that suggestion and ran with it!

What do you love most about writing contemporary romance novels?

Creating relevant love stories with characters who are committed to hanging in there and working things out. Like Dawn Dixon and her mother, Marnie. I enjoy writing from the eyes of a modern millennial, then bouncing back to the point of view of a middle-aged-*ish* character. After all, love doesn't have an expiration date.

What are you working on next?

Next fall, *Lost and Found* will release. It's a story about a young man in love, caught between two sisters.

How can readers connect with you?

My website is the place to find me: www.suzannewoodsfisher.com.

GUEST: Suzanne Woods Fisher, author

BOOK: *The Secret to Happiness* (available May 2023, Revell)
