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<http://thekeypublish.com/index.php/Predisposed.html>

Predisposed

A Book About Why As Opposed To What Or How

By

Robert M. Tansley

More than a fiction, it is an explanation. This book is designed to tease out the unconscious thoughts, those thoughts just outside awareness influencing day-to-day life.

Predisposed is unique because of its setting. It is not set in places, while there are locations; the setting is really someone's mind. This book peels back the main character's psyche so readers can see how they came to be the person that they are and so readers will relate and see themselves in the characters.

This is a book written for readers curious about how the more vulnerable in our communities, think, live, and move forward. We all have passed a "homeless" person on the streets of our cities and wondered 'how'? It is a book for people inside and outside the system as a case example.

About the Author

Any introduction of Robert M. Tansley starts with, he is a father. This role is the thing that defines him the most as a person. It is his top priority in his values. Along with being a Writer, Robert has worked as a Therapist helping both children and adults struggling with mental health related issues. Part of this work has been with the most vulnerable in our communities, the homeless, the abused, those struggling with addictions and people with mental health challenges. Robert has spent thousands of hours, with individuals, couples, families, and groups, in therapy listening to stories of tragedy, horror, healing and change. It is the collective spirit of these people that energizes Robert's writing. Robert holds an undergraduate degree from Lakehead University in Thunder Bay and a Masters degree from the University of Toronto, both in Social Work. Robert continues to live and write in Brantford, Ontario with his family.

Author is available to be contacted by media for interviews and comments and can be reached through The Key Publicity: Heather Smith (media@thekeypublish.com) Robert Tansley (rmtansley@sympatico.ca) Tel: 416-935-1790



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Synopsis

Predisposed is the story of a life not too uncommon but often denied. It is a story of struggle, challenge, oppression and ultimately healing. Margaret has a gift, a talent, hidden behind layers of complicated, unhealthy psychology. She is an artist, a gifted artist, her talent nurtured by the need to escape, disconnect from her violent, abusive life. Her talent takes her to the world of tattoos and this, almost by accident nurtures her soul, begins a healing.



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Author Q & A

Q. What inspired you to write *Predisposed*?

A. This book, *Predisposed*, sat in my mind begging to be written. It is an accumulation of many years of wonder. I have seen the vulnerable, the abused, the disadvantage and been amazed at how they have survived, conquered. It is their collective spirit that inspired me to write this book. Many times I have met Margaret and wondered, 'how are you even upright?' I would be dead if I had your life and yet, there she is. It is an act of wonder.

Q. What surprised you most while researching information for this book?

A. The role of art in the lives of the more vulnerable in our community surprised me as I researched this book. I was amazed at how many people used art to cope, to express themselves, to be understood when other more common forms of expression had failed them. Their art was often traditional, sketch art, or music but things like graffiti art, tattoo art, surprised me.

Q. What were the challenges (research, literary, and logistical) in bringing this book to life?

A. The biggest challenge in writing this book was to shed my own bias, my own class view of the world and sit in the pain, the filth, the horror of life for those less fortunate in our community and not panic. It was hard to live their grief, their anxiety, their depression and have the courage to write their inner thoughts. I had to fight off that reflex to run, flight, deny, blame, minimize. This is a story of mindfulness.

Q. What are the most important points that you would like readers to have gained and appreciate after reading your book?

A. I want readers to see that life, those events from inside the mind of one individual and appreciate the psychology those events create.

Q. Why is this book unique?

A. This book is unique because the setting is in Margaret's mind, her psychology, her deepest thoughts and experiences. It is less about what happens as to why it happens and the impact it has on Margaret, her psychology, her development.



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Q. What is your response to those who are surprised by your characters?

A. I have spent thousands of hours with the Margaret's of the world. I have been with them and their deepest most intimate thoughts, fears, psychology. My characters have a depth, a texture, a realism because I know them, intimately.

Q. What is the most controversial issue in relation to youth in our society now?

A. The most controversial issue in relation to youth today is their focus on "I", "me". Listen to the music of today and count how many times you hear the words I and me. The youth of today have lost that sense of family, community, culture. We have raised a generation of narcissists. In the sixties we were passionate about causes, today, it is all about me and how things impact me. Where are the Beatles now?

Q. How did you organize the book?

A. I organized the book chronologically. I wanted to show a developmental psychology but I wanted Margaret to tell the story herself.

Q. What advice would you offer your readers so they can make the best of the information provided to them in the book?

A. Read the book, then put it down, then read it again. My advice is to let the story play inside your psychology for while, your unconscious and then read the story again. After the second reading challenge yourself to find the differences. The differences will be in your sympathies for specific characters. This book is an emotional time bomb. It is going to go off in your mind and force you to rethink things.