



An Artsy Raven Newsletter



Jan 2026, Issue #47

Happy New Year!

It's 2026 and as usual, I have the same resolution of trying to become more healthy. In 2025 I did try harder and two things that worked for me was 1) a fitness app on my phone to help track activities (walking, running, hiking, aerobics, etc.) and 2) eat more vegetables. Chinese medicine believes that food is medicine and diet is crucial to leading a healthy life.

But then the cold weather and holidays rolled in and my flabby self returned.

Since it's a new year and the holidays are over, it's time to start making better choices again. Sharing the app which has worked for me below and it's free to use if you want to try!

- JF Garrard

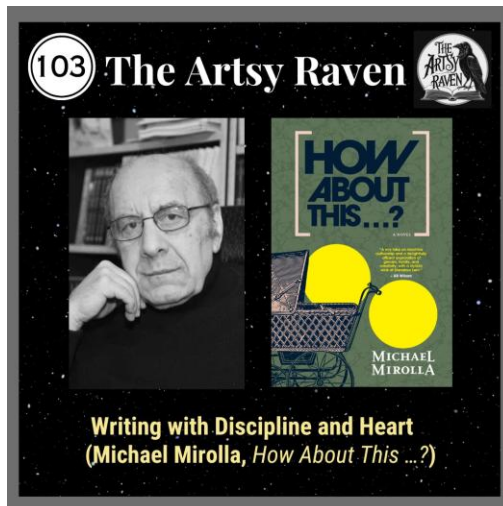
President, Dark Helix Press
Podcast Host, *The Artsy Raven* Literary Podcast

Latest Artsy Raven Podcast Episodes

JF Garrard (writer, editor and publisher) has frank conversations with writers, editors, publishers, artists, actors, directors and other art professionals about what inspires them to create and what led to their success. Writers on the podcast will showcase their work by reading from their book.

Lately we've released way too many episodes at once, please visit our new website for the latest episodes: <https://artsyraven.com/>.

We've lowered the Patreon tiers so it's easier to gain access to the 100+ bonus episodes. Just pay what you can and individual bonus episodes available for \$3 - <https://www.patreon.com/c/jfgarrard/membership>



Ep 103 Writing with Discipline and Heart with Michael Mirolla

Michael Mirolla discusses how he became involved with the literary publishing house Guernica Editions, the role discipline plays in his writing, and why creating a human connection with readers matters across every genre.



Ep 105 The Magic of Dickens and the Wisdom of a Gotham Writers Instructor with Susan Breen

Susan Breen reveals what drew her to write about the restless spirit of Charles Dickens, shares advice she offers her Gotham Writers students, and discusses the beauty of rare books.

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Artsy Fun - Fitness App



Every year I have the same New Year's resolution of better health and sometimes by the end of the year I achieve this and sometimes I don't. Installing an app on the phone to track activity is convenient since I always have the phone on me anyways.

As a shopaholic, I love coupons and the Adidas Running app is a good fit for me. It's a free app you install on your phone and you have to "turn it on" to track walking, running, hiking, aerobics etc. There are community challenges such as walking/running/hiking to achieve 5k in a month and you get AdiClub points. Over time, these AdiClub points can be exchanged for coupons towards purchase of Adidas merchandise or to enter contests for prizes. There are also community challenges and you can connect with friends if you want to do something together.

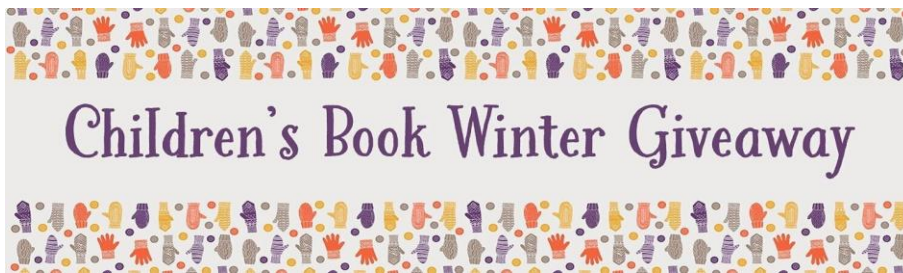
Link to Adidas Running App - <https://www.runtastic.com/>

Other companies such as Asics and Nike also have free apps too. In the end they are all tracking your data in exchange for using their service, but after developing an exercise habit, the apps could be deleted if you no longer wish to share info.

Story Origin Group Book Promos

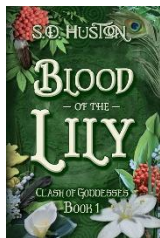


CLEAN Multi-Genre Giveaway for all Readers! Get these books fast! This promotion ends Jan 31, 2026! ([click to download](#))

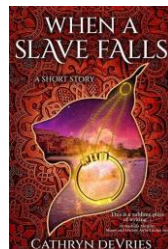


Children's Book Winter Giveaway! Get these books fast! This promotion ends Feb 15, 2026! ([click to download](#))

Fellow Indie Author Promos



Blood of the Lily by S.D. Huston ([click to download](#)). Triplet sisters, one dead, one kidnapped. A vengeful leprechaun and a scheming goddess. Can Lily save her last sister? A partial fairytale retelling of Snow White & Rose Red mashed up with Irish mythologies!



When A Slave Falls by Cathryn deVries ([click to download](#)). "This is a sublime piece of writing that defies easy categorisation. A kind of medieval fantasy with a touch of magic. Incredible world building ... reminiscent of Alexandrian libraries, Bedouin caravans and Moroccan souks, there is a sense of a larger and stranger world that is both conveyed and hidden ... An extraordinary story." - Dr Rashida Murphy, 2023 Stuart and Hadow judge



The Witchfinder's Serpent Prologue and Eight Chapter Sample by Rande Goodwin ([click to download](#)). "The Witchfinder's Serpent reimagines the early American witch trials as the backdrop to a very modern YA adventure - but with a clever twist that leaves the reader on the edge of their seat until the very last page." — Amber Benson, author and actor, *Buffy the Vampire Slayer*



Phoenix Dreams by Leigh Kimmel ([click for preview](#)). In Greek myth, the phoenix is a bird that rises from its own ashes. Growing up in the city named for it, Toni knew the story well, and being a gamer made her used to death being negotiable. During a visit to her grandfather's ranch, she discovered a cache of books and videos from the lost golden age of space travel. Entranced by the enthusiasm of Roger Chaffee for his upcoming spaceflight, she was shocked and angered to learn the disaster that happened only days after his interview.



Elon Musk's Conquest of Mars by Patrick Abbott ([click to download](#)). After surviving a Martian attack, thanks to his broom and overmedicated American blood repelling aliens, Elon Musk is thrust into NASA's top job. When strange lights spark fears of another invasion, Elon Musk assembles a SpaceX fleet with a motley crew of Chinese soldiers, North Korean "volunteers," and cartel cash.



Touch of Red by Christina Herlyn ([click for preview](#)). Regent Duri's Hunters patrol Griseo Road, but Wolves rule the wild forest—and they hate all that Pyrrha represents. Though mere men and women, the Wolves still possess a magical connection with Griseo Wood that Regent Duri covets. And now Lykos, Lord of the Wolves, has come by another valuable possession: Pyrrha. Her desire to touch the handsome, vivacious enemy of her mother grows stronger by the day. He will charm her out of her red hood and into a Wolf's helmet if he can. But mortactios must maintain a life of solitude and detachment, and Lykos needs to respect her cursed skin before tragedy strikes.



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