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## AR Podcast #50-Lindsay Wong, Shana Targosz, Patricia Leavy, Jesse Scoble and Devinder Thiara, Free Exercise Programs-April 2026

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### An Artsy Raven Newsletter



### April 2026, Issue #50

Spring is finally here although it is still snowing in some parts of Canada!

This month I will be speaking at [The Toronto Indie Authors Conference](#) so I have lots of homework to do. I need to wrap up my slides for my networking presentation, wrap up books from Artsy Raven guests to give away at draws and prepare handouts for my sessions. I'm looking forward to connecting with old and new authors whom I've met at this same event last year and of course, it's a mini vacation from my kraken child since I'll be staying with a friend that weekend.

I'm trying to exercise more and I've found a great online trainer, Caroline Girvan, who has lots of free YouTube exercise videos which I share below.

Have a great April!

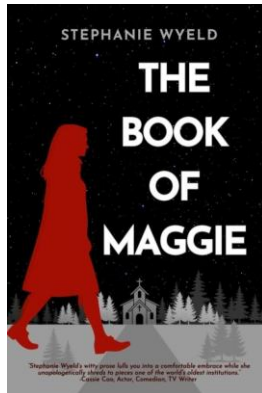
- JF Garrard

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

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# Upcoming Book by Stephanie Wyeld

My good friend Stephanie Wyeld has released her debut novel with DarkWinter Press titled *The Book of Maggie*. It's available now on Amazon in paperback and e-version for Kindle, [click here for more details](#).



I designed the book cover as part of a collaborative process between the author, the publisher, and myself. Everyone brought different ideas to the table, and after about a month of discussions, we developed the first draft of the cover.

Since the book explores a woman's struggles within a fundamentalist Christian church, we included religious imagery in the cover's background to reflect that setting. The woman walking forward in the foreground represents her strength and courage as she leaves the establishment behind. On the back cover, there's also a small Easter egg—a figure in a forest. The author's original concept involved a photo of a girl in a church, and although we ultimately didn't use it, the image in the forest serves as a quiet tribute to that original idea.

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# Toronto Indie Author Conference

Toronto Indie Author Conference  
**2026 Speakers**

 Mark Leslie Lefebvre	 Tao Wong	 Andy Peloquin	 Tikiri Herath
 Michael Chatfield	 Jessica Rampersad	 JF Garrard	 Eve Silver
 Malorie Cooper	 Charlotte Morganti	 Zoe York	



Dates: April 18-19, 2026

Location: Appel Salon, Toronto Reference Library

Whether you're a seasoned author or just starting out, the Toronto Indie Author Conference 2026 offers a range of informative and engaging presentations, workshops and panel discussions. Discover new strategies for marketing your books, explore innovative self-publishing techniques, and get insider tips on building your author brand.

I'll be hosting a speed dating session to help people expand their networks, speaking as a panelist about AI and my experience as an editor. This is a smaller conference held at the Toronto Reference library and I'm sure you'll bump into lots of familiar faces here!

More details here: <https://torontoindieauthorcon.com/for-authors/>

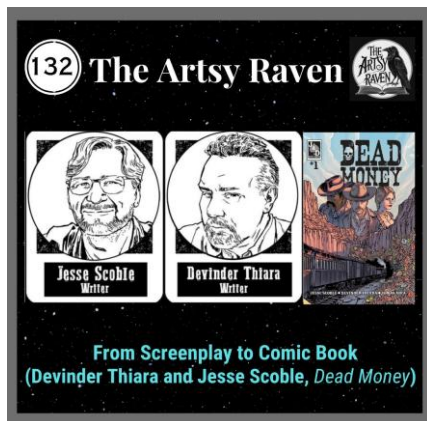
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## Latest Artsy Raven Podcast Episodes

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.

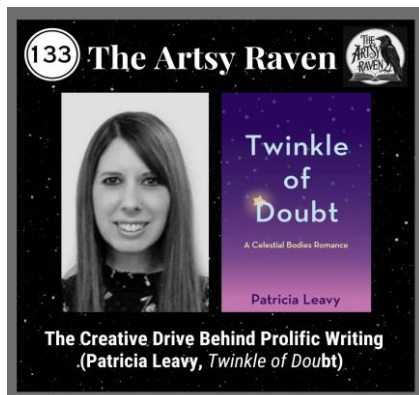
Please visit our website for the latest episodes: <https://artsyraven.com/>.

We've lowered the Patreon tiers so it's easier to gain access to the 100+ bonus episodes to help people on their creative journeys! Just pay what you can (\$5-30USD/month) and individual bonus episodes available for \$3USD - <https://www.patreon.com/c/jfgarrard/membership>



### Ep132 From Screenplay to Comic Book with Devinder Thiara and Jesse Scoble

Devinder Thiara and Jesse Scoble share how their screenplay was transformed into a comic book, the challenges of creating a comic, and why execution matters most in any creative project.



### Ep133 The Creative Drive Behind Prolific Writing with Patricia Leavy

Patricia Leavy shares what motivated her to write more than forty books, why she's drawn to the romance genre, and shares advice with new writers.



### Ep134 Crafting Worlds from Myth and Loss with Shana Targosz

Shana Targosz shares how a trip to Japan along with Covid inspired her transition from costume designer to writer, how Greek mythology shaped her Underwild series, and why themes of grief run through her stories.



### Ep134A What is Villain Hitting? with Lindsay Wong

Lindsay Wong dives into the strange world of “villain hitting,” why she writes characters she wants to run away from and surprises us with a story about still receiving hate mail from a book published in 2018.

## The Artsy Raven Podcast Channels

To listen to all 100+ episodes of The Artsy Raven podcast, please click the Spotify or Youtube links below. Happy listening!



[Spotify channel](#)



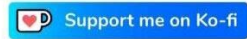
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## Artsy Fun - Free Exercise Programs



On Reddit, I kept noticing the same trainer mentioned again and again by people who follow YouTube workouts. Caroline Girvan has created a variety of free exercise programs and downloadable worksheets, all [available on her website here](#).

Based in County Antrim, Northern Ireland, Caroline began her career as a personal trainer in 2014 and started sharing her workout videos online in 2020. The majority of her workout home programs are available for free and I assume she gets revenue from ads, subscriptions, merchandise, etc.

I started her EPIC exercise program, but then got sick so I stopped temporarily. People say it will take a few months before you see any results and you have to eat better as well. Good luck to us all!

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## Story Origin Group Book Promos



Ssh! It's a Secret!: An All-Genre Giveaway for Characters with Secrets  
Get these books fast! This promotion ends Apr 30, 2026! ([click here](#))



Free Science Fiction / Fantasy Stories - April 2026. Get these books fast! This promotion ends May 2, 2026! ([click here](#))

# Fellow Indie Author Promos



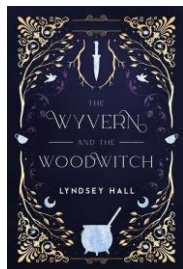
*Crown: Vampire Knights* by Rick DeMille ([click to download](#)). In the dying light of medieval Spain, something ancient and evil stalks the dusty roads. When three vampire assassins slaughter a royal caravan, two mysterious knights in faded crusader tunics emerge from the darkness— not to prey, but to protect.



*The Volcan Knights: Origins* by Laurie Bowler ([click for preview](#)). For a year, supernatural guardians have hunted the Devourers— shadow creatures that slip through dimensional barriers to consume consciousness itself. But the manifestations are growing stronger, more intelligent, and disturbingly coordinated. Something vast and malevolent is directing them from beyond the boundaries of reality.



*The Night You Should Have Left* by Elara Voss ([click to download](#)). Morris Hale has spent his career studying people — their weaknesses, their habits, the moments they don't realize they're exposed. He doesn't hear the warning until it's too late. Because in this world, you are not removed for what you do.



*The Wyvern and the Woodwitch* by Lyndsey Hall ([click to download](#)). Brigid is a talented apothecary - what the fearful villagers call a woodwitch. With only her late mother's map and the help of a curious wyvern, she journeys into the heart of the mountains to find the rare plant she needs to create the cure. But when she crosses paths with an arrogant woodcutter, can she complete her task without getting her fingers burned or her heart broken?



*Unexpected Contact (A Mechhaven Novella)* by Greg Sorber ([click to download](#)). As a mercenary during The Mechanai War, there was no shortage of work, but Sigrid had rules. That she ignored her rules as often as followed them wasn't something that bothered her. A last-minute job protecting attaché mech, TH3R, and his companion, junior officer, Tala Matapang was a tempting payday. Their mission: detect and capture a SPDR mech alive.



*Salt for Air: Greek mythology fantasy (Salt for Air Series)* by M.C. Frank ([click for preview](#)). Dreaming is her escape. Every day, she's bullied at school -she's a nerd, she writes fanfiction, she loves books and she used to be overweight. What's not to bully? Next thing she knows, there's a mermaid living in her bathroom. Could this beautiful boy who looks like a young Poseidon, god of the waters, falling in love with her?



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