

 **SARAH FLOCKEN**

**Writer, Comedian &**

**Professional Loudmouth**

**BE WELL**  
Coming June  
23, 2026

## Meet Sarah

Sarah Flocken is an upmarket fiction author. She is also a public relations professional, comedian, improviser, and pun contest host (yes, it's a thing). She is currently the owner and principal of SLH Communications, a PR consultancy in San Diego, California. Outside of her day job, Sarah has written fiction and comedy for nearly 20 years (ask her about the 2011 Edinburgh Festival Fringe). She currently performs with two improv groups in San Diego, and hosts Pundemonium! San Diego's Only Pun Competition.

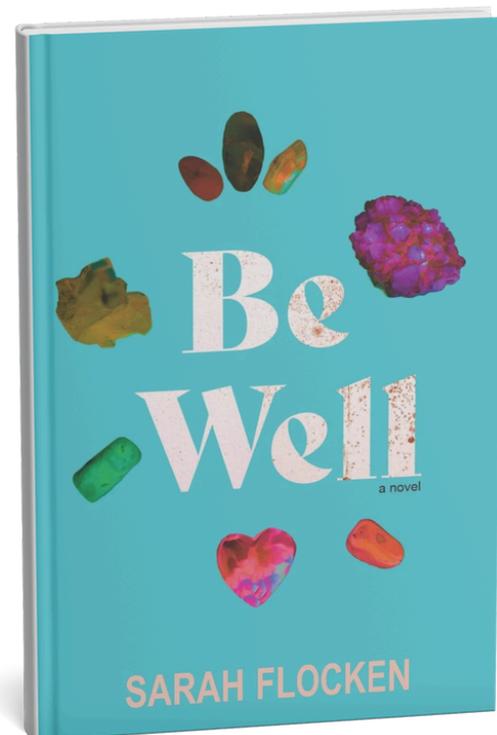
Sarah received her bachelor's degree in English and Comparative Literary Studies from Occidental College in Los Angeles, and a master's in Literature & Modernity: 1900-Present from the University of Edinburgh in Edinburgh, Scotland. She lives in San Diego, California, with her husband.

## BE WELL (June 23, 2026, Heliotrope Books)

Summer 2009: Brand-new college graduate Ann Ward has sent out nearly three hundred job applications, but nobody will employ her. The last thing she wants to do is leave Los Angeles, return to her desert hometown, and live in the shadow of her fame-hungry televangelist father—and it's starting to look like that's her fate.

Thankfully, Ann's luck turns after a humiliating failed job interview, when she meets the magnetic founder of upscale holistic wellness collective Sagebrush. She's quickly drawn deep into the privileged, demanding world of Sagebrush, inventing Anneliese - a dubious new persona - to fit in. But when her funds run out and her lies blow up, Ann must choose between facing reality or doing whatever she has to do in order to get the future she wants.

Both a "funny ha-ha-" and a "funny oh no" read for anyone who survived the Great Recession, BE WELL explores just how easy it is to believe in something unquestioningly—and lie to ourselves and others—when everything feels uncertain and the future isn't guaranteed.



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