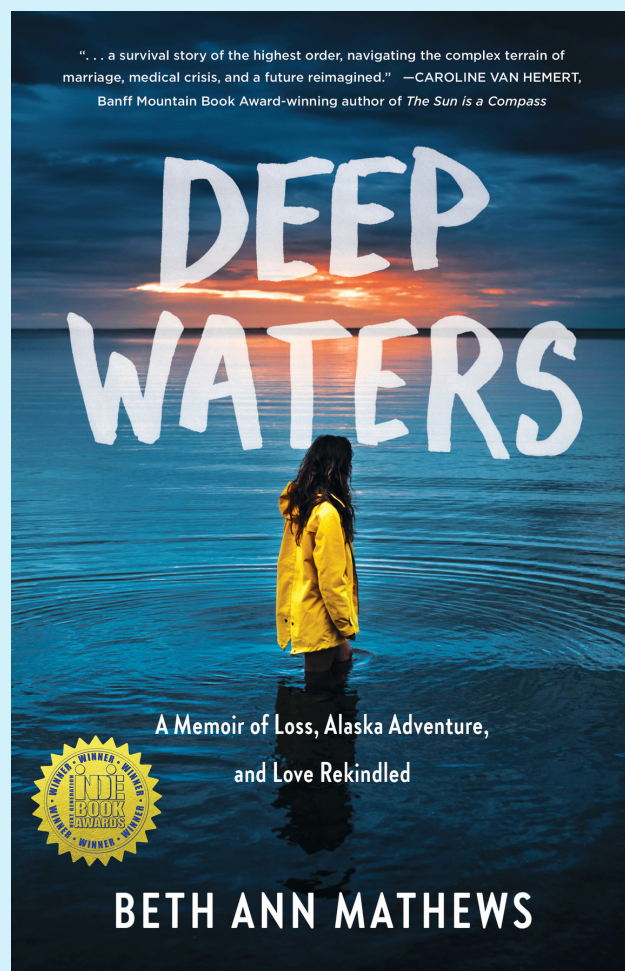


**MEDIA KIT**

# BETH ANN MATHEWS

**AUTHOR OF**





# DEEP WATERS

*A Memoir of Loss, Alaska Adventure,  
and Love Rekindled*

by

Beth Ann Mathews

## about

**BETH ANN MATHEWS** grew up in the Midwest. She earned her undergraduate degree at Purdue University and her master's degree in marine biology from the University of California at Santa Cruz. As a professor at the University of Alaska Southeast, she taught courses in biology, behavioral ecology, and marine mammalogy and led research on harbor seals, Steller sea lions, and harbor porpoises. She has also studied humpback, gray, and sperm whales and—briefly—sleepers sharks, and led undergraduate research programs on board tall ships in the Gulf of Maine and from field camps in Hawaii and Alaska. She has published numerous scientific papers and lives with her husband on Bainbridge Island, Washington. *Deep Waters* is Mathews's first book.

## website

[www.elizabethannmathews.com](http://www.elizabethannmathews.com)

## social media

[www.facebook.com/BethAnnMathewsAuthor](https://www.facebook.com/BethAnnMathewsAuthor)

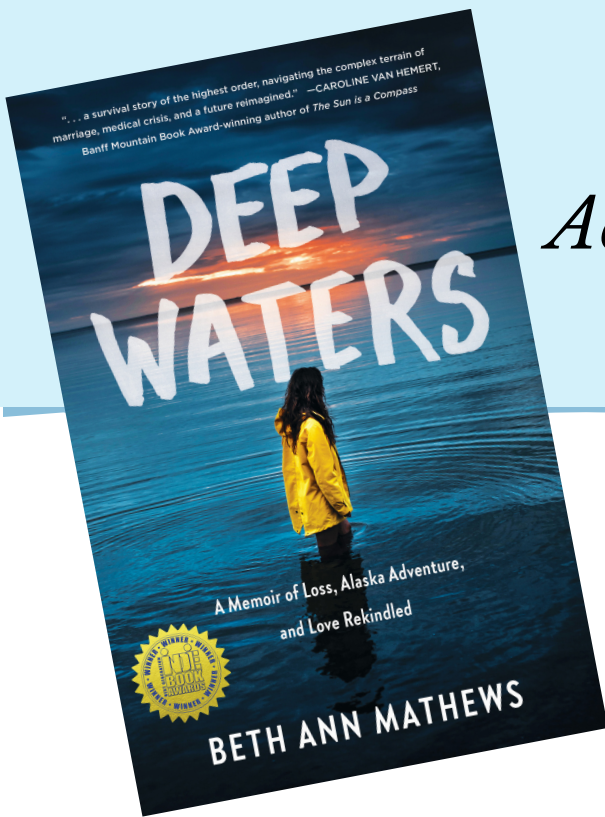
[www.instagram.com/beth.mathews/](https://www.instagram.com/beth.mathews/)

[www.goodreads.com/bethannmathews](https://www.goodreads.com/bethannmathews)



# DEEP WATERS

*A Memoir of Loss, Alaska Adventure, & Love Rekindled*



## Next Generation Indie Book Awards

**WINNER Memoirs:** Personal Struggle/Health Issues



## Independent Publishers Book Awards, IPPY

**Bronze Award** West-Pacific: Best Regional Non-Fiction



Beth's adventurous life as a marine biology professor and mother in Alaska is upended when her healthy husband is slammed by a rare type of stroke. His radical approach to recovery clashes with her instinct to keep him safe at home and sets them on a collision course as he insists on ambitious sailing expeditions with Beth and their young son in Alaska's magnificent yet unforgiving waters. *Deep Waters* is a gripping, intimate story of relationship resilience, set against the backdrop of Alaska's dramatic marine wilderness.



# Selected Praise for *DEEP WATERS*

## *A Memoir of Loss, Alaska Adventure, & Love Rekindled*



"...an incisive, smartly informative memoir that celebrates the power of the cohesive family unit—its outcome will offer positivity and hope to those facing similar challenges."—**KIRKUS REVIEWS**

"*Deep Waters* is a survival story of the highest order, navigating the complex terrain of marriage, medical crisis, and a future reimagined. After the trauma of her husband's stroke, Mathews returns to a basic truth: through love, we discover who we are, and who we hope to become."

—**CAROLINE VAN HEMERT, award-winning author of *The Sun is a Compass***

"A love story that comes at the reader with the gloves off and goes a full twelve rounds." —**LYNN SCHOOLER, critically acclaimed author of *The Blue Bear* and *Walking Home***

"Frank, intimate, and filled with an honesty and verve that are gripping." —**Suzanne M. Lang, KRCB-NPR, *A Novel Idea Podcast***

"Urgent, informative, emotionally satisfying, and thought-provoking, *Deep Waters* opens with a harrowing medical mystery and rewards the reader with a loving account of an adventurous partnership made stronger by crisis."

—**ANDROMEDA ROMANO-LAX, author of *Annie and the Wolves***

"Gripping and suspenseful. A must read not only for medical laymen, but for any practicing physician who cares for stroke patients."

—**DR. MAX B. DUNCAN, Neurologist**

# More Praise

“*Deep Waters* captures with grace and honesty the upheaval and necessary recalibrations that life can present to us at any time, with a keen appreciation for learning to ride the waves into what might be an unexpected but rewarding future.”

—**ANCHORAGE DAILY NEWS**

“Mathews writes with poignant honesty about the challenges of marriage, family, and community in a moving story that highlights the strengths of human relationships. *Deep Waters* starts with a bang and just keeps going—lively, vivid, and personal.”

—**ROMAN DIAL, author of *The Adventurer’s Son: A Memoir***

“We felt like we were there with Beth, sharing her emotions, anguish and struggles through the stroke, hospital stay, and recovery. We felt like part of the family as we read, gasped, cried and hoped for recovery and for peace in her heart.”

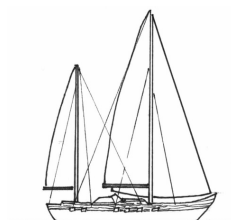
—**TBD BOOK CLUB, Seattle, WA**

“With love as rugged and wild as the Alaskan landscape she made home, biologist Beth Ann Mathews tells the story of another wilderness: marriage after a life-altering stroke. *Deep Waters* is a thoughtful and provoking read, a reminder that life and love are inexplicably fragile and resilient, full of unexpected discovery.”

—**ABBY MASLIN, author of *Love You Hard***

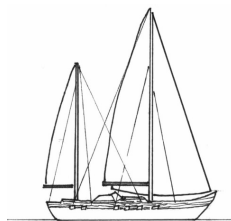
“If books were birds, this one would be an arctic tern—powerful and graceful, beset by storms and learning to survive, and more, to thrive. The writing is feather-light yet strong.”

—**KIM HEACOX, author of *On Heaven’s Hill* and *Jimmy Bluefeather***



# Interview Questions

1. Can you tell us briefly what your book is about?
2. You use the term "relationship resilience." Can you say more about what that means to you and how it relates to your story?
3. What challenges, beyond the immediate medical crisis for your husband, did your family face?
4. Can you tell us why a sailing trip put your husband at greater risk? What other things put him at risk during his recuperation?
5. How was sailing healing for your husband? Was it also for you and your son?
6. Three times during *Deep Waters* you almost lose your husband, twice while in remote locations while on your family's sailboat. Your 9-year-old son is by your side as you navigate each crisis. How do account for his maturity and how he rose to each occasion? Do you still sail?
7. A key part to *Deep Waters* is adventure. Can you share a highlight from the sailing trips you took in Southeast Alaska?
8. During your career at the university, you taught marine biology and published scientific papers, and now you're a writer. What was the biggest challenge in transitioning from writing scientific papers to writing a compelling memoir? How long did it take you to write *Deep Waters*? Do you plan another book?
9. What do you hope readers will take away from reading your memoir?
10. This memoir is about a lot of things, and one of them is Alaska. Is this, in a way, a love letter to Alaska?





# From DEEP WATERS

“Hey, Beth.” David got my attention from the hallway. “I need to talk to you—in private.” He gestured away from the glass-enclosed station. We stood face to face. His eyes drew me in. “You know, Bartlett’s a great hospital.” He stroked his goatee. “I love my job. Everyone works hard. They’re good at what they do.” His face tensed. “But this situation is serious. We’re a small county hospital. Jim needs experts, and he needs them now.”

I took in each word, absorbing the weight of their truth.

“You’ve got to get him out of here—to Anchorage or Seattle. That’ll only happen if you’re firm with his doctor. When she gets here, you have to insist he’s medevacked to a bigger hospital.”

My breaths became labored as if I’d broken the surface after a long dive.

He continued. “There’s this odd situation between the insurance and doctors. It costs a lot to evacuate someone out of Juneau. The docs are under pressure from insurance companies to keep patients here. Your nature is to be agreeable, but you need to do this. For Jim. You’ve got to insist he gets on that Learjet and taken to a larger center. You’ll be doing your doctor a favor. If you don’t push this, she’ll be reluctant to order it. If you do, she’ll have to try.”

Juneau was surrounded by mountains, glaciers, and ocean with no roads out—no big medical centers nearby. Since we’d arrived at Bartlett, I’d passed the responsibility baton off to the medical team. I’d relinquished my decision-making role, expecting them to do what was best for my husband. But now our friend was telling me to step forward, take command, steer this crisis down a different path.

David glanced at his watch. “I’ve got to get back to my office. If you have any problems, call me.” He placed his business card in my palm.

Thank you.” I hugged him hard. Taught to respect authority, politely follow the advice of professionals, my pulse quickened with dread.

“The other thing.” He glanced over his shoulder. “There’s one medevac jet for all of Alaska. It goes back and forth. You need to get on their list right away. If another, more critical, emergency comes up, they’ll bump him. And, I don’t know if the plane is in Seattle, or Anchorage, or here.”

Hand trembling, I dialed the clinic operator.





Photo: Kurt S. Dzinich Sr.

Photos are by Beth Ann Mathews unless labelled.  
Available as high resolution jpegs upon request.



## book clubs:

Beth enjoys meeting with book clubs, either via Zoom or in person if your club meets in northern Kitsap Co, WA.

Download Book Club Questions at  
[www.elizabethannmathews.com/book-clubs](http://www.elizabethannmathews.com/book-clubs)

To schedule a book club discussion with the author  
Email [info@bethannmathews.com](mailto:info@bethannmathews.com)



## the details:

*DEEP WATERS:*

*A Memoir of Loss, Alaska Adventure, and Love Rekindled*  
by Beth Ann Mathews

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Memoir

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Author Photo by Star Dewar

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