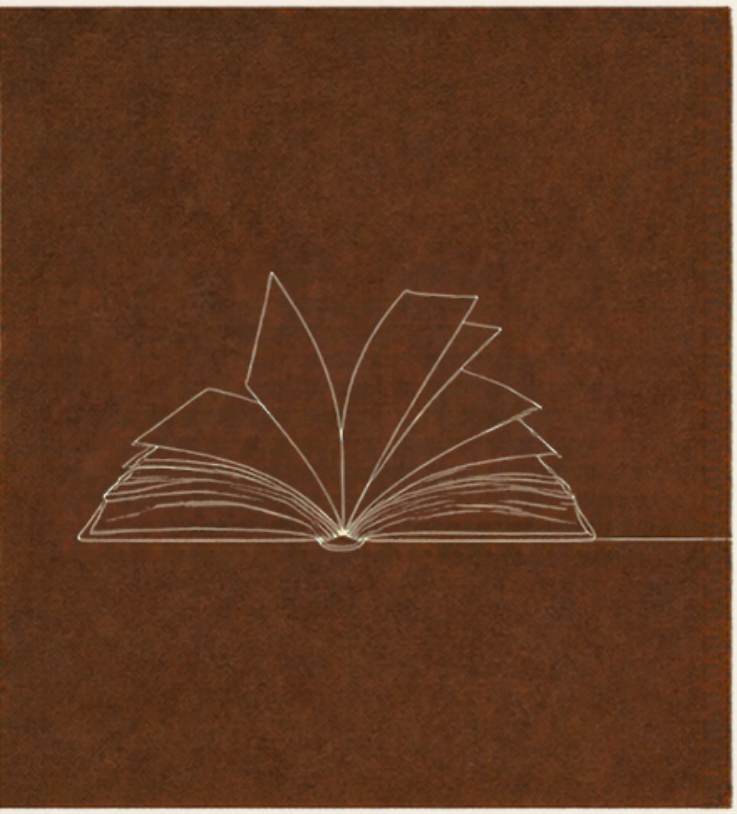
AUTHOR MEDIA KIT

Caryn Hacker-Buechel



FICTION AUTHOR
PSYCHOTHERAPIST
GUEST SPEAKER



About the Author

Caryn Hacker-Buechel spent thirty years as a licensed psychotherapist — working in adolescent residential treatment, mental health centers, and private practice — before trading the therapy couch for the novelist's pen.

She also delivered 500+ lectures on mental health to businesses and organizations, taught undergraduate sociology, and wrote freelance articles for magazines and newspapers. Her fiction brings unparalleled psychological realism to the romantic military genre.

Caryn writes full time in Naples, Florida. She is also the author of the children's book: A Bully Grows Up: Erik Meets the Wizard.





The General's Princess

A middle-aged divorcee rebuilding her life in Saudi Arabia collides with a Special Forces general's high-stakes rescue mission — and an undeniable connection neither of them expected.

She came to Riyadh to start over. He came to bring a stolen girl home. Inside the royal palace, their worlds collide.

Cara Florés Hart is almost fifty, nearly broke, and determined to prove her best years aren't behind her. A job as personal fitness trainer to a Saudi princess is her fresh start, until she discovers what's hidden behind the palace's marble walls: a human trafficking ring run by Amir Assad, the decorated war hero the royal family trusts with everything. Half a world away, an 18-year-old U.S. senator's daughter vanishes on spring break in Mexico. Brigadier General Sam Kennedy is ordered to lead the covert mission to bring her back. Then on one unforgettable night in Washington, DC, he meets Cara, and the mission becomes personal.

With the White House watching from the Situation Room, one wrong move could ignite an international crisis, or cost Cara her life. Gripping and deeply human, The General's Princess is a romantic military thriller about courage, survival, the scars that remain after the danger passes, and a second chance at love neither of them saw coming.

The novel won a 2025 International Impact Award and is an Amazon bestseller. It is available in paperback, eBook and audiobook.

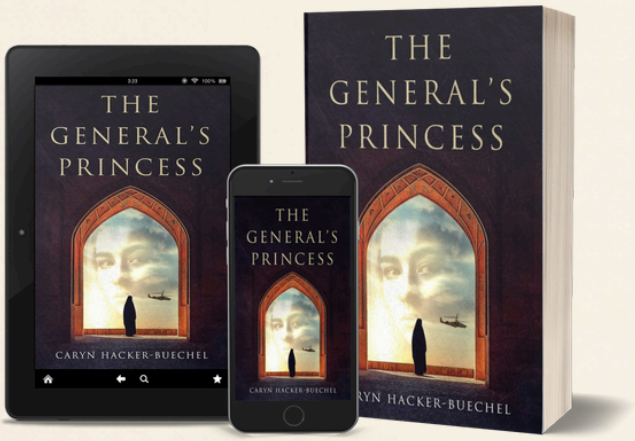
Genre: Romantic military thriller / romantic suspense, war fiction, love triangles, war and military action fiction

540 pages | Published April 2025 by MindStir Media

Formats: Paperback ($25.99), eBook ($2.99), Audiobook (narrated by Joe Courtemanche Army Veteran and linguist)

ISBN (paperback): 9781965340066

Available on **Amazon** and **Barnes & Noble**



PRESS & CONTACT

AUTHOR PLATFORM

- 30 years clinical expertise as a licensed psychotherapist
- 500+ lectures delivered
- Active in National Association of Social Workers (NASW)
- In-person author events across Southwest Florida
- Military-accuracy consultant: Brigadier General Ed Dyer (Ret.)

POPULAR SPEAKING TOPICS

- Clinical Social Worker as Novelist to Reach a Broader Audience (NASW Florida 2026)
- What's Love Got to Do with It
- Writing Through Healing: How Storytelling Transforms Lives

PRAISE

- "A must read, thought provoking novel." – Deb Landry, author of Independence: A Memoir of Secrets, Discovery and Forgiveness
- A thrilling, insightful, and emotionally charged novel." – Monica
- A novel you simply won't be able to put down. - Brianna

ONLINE

CarynHackerBuechel.com
@carynsays
@carynhackerbuechel



MEDIA CONTACT

Caryn Hacker-Buechel
Caryn@CarynHackerBuechel.com
Available for interviews, podcasts, panels, and speaking engagements.