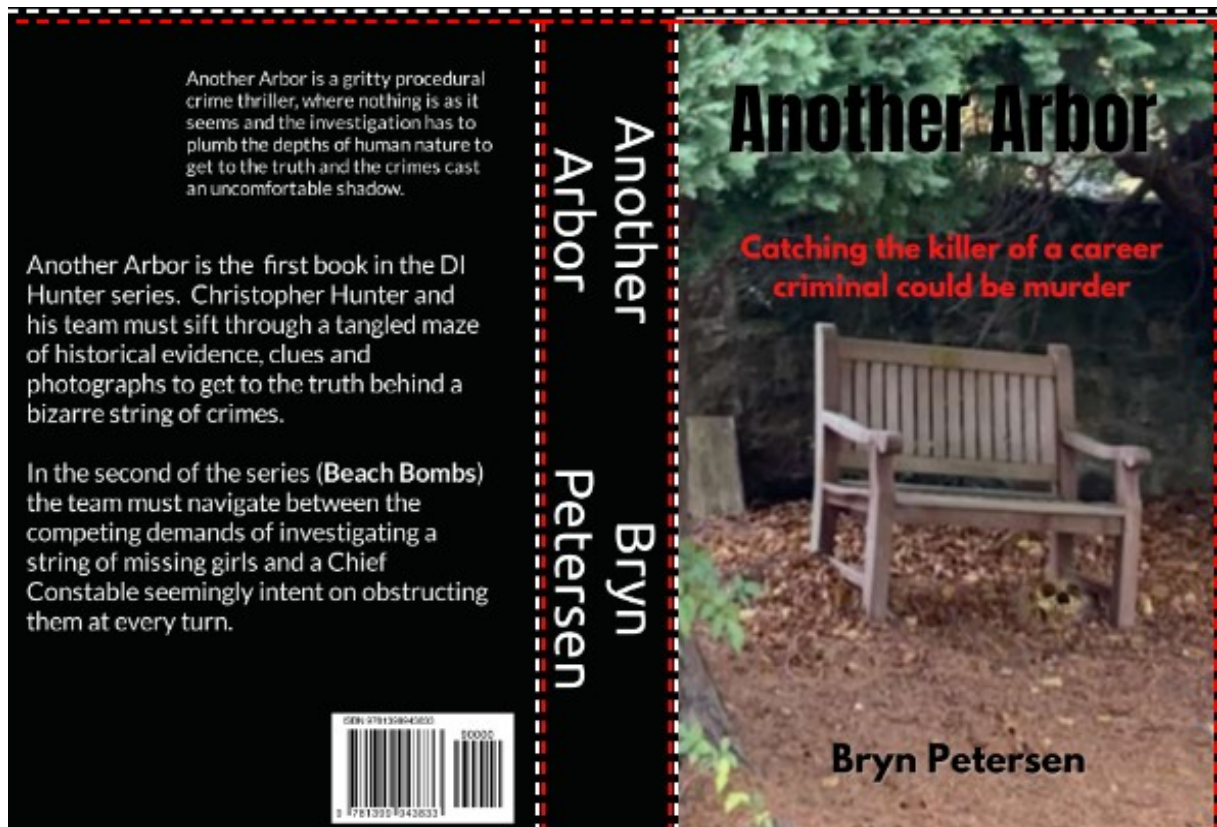


# BRYN AND FRIENDS



[This is the upload of my debut book cover before self-publication on Amazon/Kindle]

The free to download e-magazine is available from Bryn's author website

<https://brynpetersen.co.uk>, where you can also find details of Bryn's self-published

books, future projects, blogs and much more.

Bryn Petersen

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# BRYN AND FRIENDS

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# FOREWORD

For the September issue of Bryn and Friends, I have chosen to reflect on almost of year of producing my Indie Magazine.

It started with the germ of an idea, because I noticed fairly quickly that independent writers are disadvantaged purely because they are independent.

The Publishing Industry has evolved over time since the invention of the printing press into the multi-million pound (or dollar) beast it is today. I want to make it clear, I am not out to bash the traditional publishing houses, nor for that matter literary agents. Each has their place; but independent writers have to work extra hard to get their work (and words) in front of an audience and readership.

Marketing, promoting, advertising, designing the book cover, ensuring the formatting, spelling, grammar and all the other facets of editing, all fall on the shoulders of the independent writer, and (by and large) most of us put our hearts and souls into producing the very best end product we can.

Bryn and Friends was born out of a wish to give a voice (however small it may start out being) to independent writers and the chance to shine, to show off, to showcase what they do.

In this issue, I aim to showcase my own efforts, so within these pages I talk about my website, my blogs, and my future projects. Thank you for taking the time to read.

Till next time, take care.

BP

## ABOUT BRYN THE AUTHOR

My author name is Bryony ('Bryn' to distinguish me from my father, who was called Brian) Petersen.

I have always had a hankering to write something, but in my youth into later life, there always seemed to be something else requiring my attention.

I became a mature student, and during my time at University, I met the man who would become my second husband. He had an absorbing hobby, a keen interest in RAF Bomber Command history, inspired by his own father's wartime career in the RAF. I found the subject fascinating and wrote up some of the wartime stories his research uncovered. A couple of the stories I wrote up became chapters in a book independently published to raise funds for a memorial garden.

Just prior to the first Lockdown, my employer made me redundant. In looking around for other work, I found my office expertise no longer featured in advertised openings.

The Lockdowns dragged on, and work I was qualified for or had experience of doing was non-existent. Instead of focusing on this dire situation, I decided to look at finding something I could do: I could write!

I sat down at my computer and began composing. My first efforts remain abandoned and remind me of how far my writing has come since those early scripts.

You can read in the following pages about my journey to becoming a self-published author, read a sample blog from my website and a poem from my self-published poetry collection Shattered.

# A SAMPLE BLOG FROM THE BRYN PETERSEN

WEBSITE [DATED 23<sup>RD</sup> JULY 2023]

## ACCORDING TO BRYN

As with every one of my previous blogs, the views expressed are mine. It's my opinion, not necessarily fact, although my opinions arise out of researched evidence and facts. You don't have to take my word for it, and you don't have to agree with me. The point of my blogs is to encourage discussion and debate.

For this blog, I want to discuss the differences between body dysmorphia, which covers dissatisfaction with your body generally or specific areas of your body and body dysphoria, the desire to change gender.

I freely admit I am body dysmorphic. I do a lot of the classic habits commonly associated with the disorder. I avoid mirrors, am super critical of various elements of my physique and always compare myself unfavourably with others.

Perhaps where I differ from other body dysmorphic people is I don't chase after approval from my peers. I've gained a number of friends from different backgrounds and cultures through various social and networking opportunities and events. I'm a strong enough person to understand you cannot please everyone and not everyone will like you or want to associate with you, and that's fine.

So, what's the difference between wanting to make the best of yourself (and being dissatisfied with the results) and body dysmorphia? In my humble layman's view, it's a matter of degree. I would stress a person with body dysmorphia isn't unhappy with their gender, only their physical appearance.

In my own case, I consider my physical self as constructed from all the left-over bits. My hands are almost bigger than my feet. The proportional difference between my hips and waist is greater than standard sizing, and my legs (of the well-built northern England variety) are longer than is proportional for my height, so buying trousers is a nightmare. I don't think I need to go on any further; you understand my point.

I am certain I'm not the only one who is overly critical of their own physique, and while many are women, this isn't merely a woman's issue: men can be plagued with similar self-doubt.

What's become apparent over the last forty years is the world of modelling is exclusively available only to those men and women who fit some very specific and narrow parameters. Very few men or women will have what it takes to become a professional model, yet increasingly, TV, the movies and social media bombard us with images and ideals that we (the average Joe or Jane) can attain the same physical perfection as the tiny percentage of people who fit within the narrow parameters of idealised human physical perfection.

I want to be clear at this point, I am no psychologist or psychiatrist. My qualification for passing opinion is merely that of an observer of life. However, it seems to me generationally, we the human race are raising our children to be increasingly centred on themselves.

Materially, the upcoming young people have ever greater expectations; they ask or even demand more things carrying ever higher monetary values. I believe I discussed the monetising of Society in my first blog.

The point I am trying to make is that, with greater self-interest and materialism comes the notion of striving for perfection, not only in terms of material ownership, but also with ourselves and our appearance in front of others.

The question arises, are we raising our children in such a way harsh reality strongly contrasts with their higher expectations: are we encouraging them to focus on achieving such a high bar it is actually far beyond their grasp. If this is the case, are we setting them on a path almost guaranteeing their failure?

Another question I want to address is whether raising children in a society which prizes high achievement and competition might have an adverse affect on them. Some people revel in competition and the fight to be the fittest or best at something. Others are perfectly happy with taking part in an activity they enjoy. Yet more fall somewhere in between the two. If a child is naturally gifted at something but not competitive, would society's drive to achieve adversely affect the child?

Not every person is academically gifted. Yet society pushes year on year for greater academic achievement. There are record numbers of young people attending universities, yet not every job requires degree-level education. This is not to decry manual labour or lower-level jobs; there is a need for such workers, and those workers deserve respect for taking up the mantel of those roles.

I have highlighted some of the issues and pressures on the young today. It is far from an exhaustive list, and my point is today, young people are faced with a great deal more pressure and expectation than previous

generations, which brings me to ask whether they have (or could have) such a detrimental effect, so as to impact the personality and development in youth to the point where a young person can be lost in a sea of conflicting issues and pressures until they don't know which way is up.

In my opinion (and it is only my opinion), the young are being dealt a poor hand. On the one hand, they appear to have greater benefits and opportunities, but on the other, those same benefits and opportunities come at a huge cost. I think the pay-off is a tangled knot of confusion and misery, where young people can find themselves questioning how they think and feel about themselves. This is where they may possibly feel different from their peers, isolated, unsure and at this point may jump to the conclusion their biological gender is contrary to the gender they feel they should be.

The reason I question this is because there are more and more stories of young people heading down the path of gender reassignment, and as a society, we appear to be indulging the trend. What I question is whether other issues, such as body dysmorphia, may be at play. If not, who checks and investigates to ensure those who truly do wish to become gender reassigned actually are body dysphoric and don't have some other mental condition.

It's a very important question, because gender reassignment carries with it some very serious life consequences for those who go down this route. The concern is whether, having been gender reassigned in early life, a person might go on to suffer even greater and potentially catastrophic consequences, because at the moment, no-one really knows how the reality will pan out. It could be forty or fifty years before it becomes apparent what the real consequences might be. So perhaps the question should be whether gender reassignment is another social experiment foisted on the young?

BP

## STARS IN HEAVEN

From before I recall you touched me  
Colouring my days like a gentle breeze  
Wrapping me in a blanket of your love  
Bathed in the luxury of being so beloved  
I knew not then you clothed me in armour  
Of strongest steel built to last a lifetime  
Protection from a war-weary world  
You gave gifts of strength and integrity  
Grace and charm to carry me to old age

Your abundant gifts are beyond measure  
The tally far exceeds what I could repay  
Or account the blessings of my indebtedness  
You're in the azure sky and babbling brook  
Your smile lights up the summer days  
A winter robin calls out your season's greeting  
A shy smile takes me back and tears assail me  
It hurts not to cry but I'm out shopping!  
It catches me unawares, out of the blue  
After so long, you'd think I'd be used to it!

Sleepless the night begs for my attention  
The indigo velvety sky unfurls before me  
Sparkling diamonds fleck to the horizon  
They blink and wink as I gaze up at infinity  
One over the rest shines brightest  
Like it will descend to warm me with its light  
I'm comforted and smile through my tears  
Grateful for your great gift of fatherly love

Bryn Petersen



# THE FINAL WORD

I hope you enjoyed reading a little about my journey to becoming an independently published author.

I hope you found the sample blog interesting; the objective behind my blogs is to encourage a healthy and informed debate. If you want to leave a message or reply to any of my blogs, please complete the online form to email the Bryn Petersen inbox. Please remember to keep your comments respectful and clean.

I hope you also like my sample poem taken from my first poetry anthology, *Shattered*, which reflects on my beloved father.

If you want to check out my published books, please check out my author website <https://brynpetersen.co.uk>, where you can also find my future projects and sample reads.

As always, thank you for reading; take care everyone, keep safe and always remember to be kind.

BP

# THE END