

No Phones Allowed Maine Author Debuts Thriller

LEWISTON, MAINE – From camping to movie nights, church youth groups across the world offer activities and outings that build fellowship. While many group activities embrace the wonders of technology, sometimes unplugging can be just as fun. Similar to fasting from meat as a spiritual practice, media fasting is a temporary break from cell phones and the internet, intended to restore and renew the spirit. In her debut book, Sarah Yasin's *Retreat House* tells the story of a media fast gone wrong.

Set on an island off the coast of Maine, *Retreat House* is a thriller about a youth group overnight trip which turns deadly. Exploring themes of transparency and honesty, the story centers around the group's chaperone, a young woman struggling with a secret pregnancy. When a masked intruder slashes one of the teens, the chaperone must locate and protect the group from nighttime terrors inside and outside the retreat house.

Inspired by a real house in the Boothbay Harbor region of Maine, *Retreat House* is available now in print and eBook formats.

To receive an editorial review copy, reporters can contact the author via her website, www.sarahyasin.com

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