



**"Always, in my memories, the summer of 1999 will be remembered as the Days of the Phoenix."**

A Young Adult novel, coming of age story about a young man's struggle with anxiety, & his search for the authentic life.

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## SWEARING ON THE MIRROR

Before you can get into the Assembly, you must swear on a mirror, on your most authentic self, you will not repeat anything you see or hear. The authentic self, the truest version of who you are, is so sacred that it can't be revealed to just anyone.

## CALLING OUT MENTAL ILLNESS, ONE STORY AT A TIME

Author & Novelist A.P. Miller's sophomore novel is a Young Adult (YA) fiction novel about a young man suffering from debilitating anxiety, unable to do the slightest thing for himself without his parents intervention, who decides to go on an adventure for the summer with someone he's never met in person before. To calm his nerves, he thinks of it as an experiment: can complete abandon of his anxiety rituals lead him to the authentic life he's always dreamed of?

"Days of the Phoenix" is a story about Buddy, who is severely afflicted with Anxiety. Buddy's best friend in the world, whom he's only known online, Simon, invites Buddy to come spend the summer with him. Simon introduces Buddy to the world of the Assembly, an art-performance colliding with social mecca. Through the immersion of the Assembly, & guided by Simon's wisdom, Buddy can see the authentic life he's always dreamed of is within grasp, but doesn't Anxiety always get in the way?

The theme of the story is duality, yin & yang. There is the every day appearance of a person & then there is their authentic selves, or who they really are inside. Social interactions used to make Buddy sick, but he yearns to be a part of a large social setting on the inside. Within the Assembly, paupers are revered as royalty, the soul is seen before the self, & all of it is a drastic contrast to day-to-day life.

The story is fiction, but author A.P. Miller drew on a lot of his own experiences suffering with ADHD & Anxiety, as well as the social dynamics of his youth. A.P. described the novel as one of his most uninhibited confessions ever.

## REVIEWS & PRAISE

*"In a world right now where there is social distancing, this book really opens your eyes on not judging an individual based on appearances or self projection alone. Some people put on a show, when deep down they are truly hurting. This is why we should always be kind because you never know what each person is going through. We all put on a brave face in social and public setting, when deep down we are struggling. Also, this book reminded me to take the adventure."*

*"A book I could not put down . It had you constantly think what would be next. Very detailed to the point you feel like you been in their shoes."*

## ABOUT THE AUTHOR

A.P. Miller is an author, novelist, & blogger from Wilmington, North Carolina by way of Central Pennsylvania. To date, A.P. has released three novels: "Broken Promise Records" (including a remastered edition of the book), "Days of the Phoenix," & his latest: "A Law of Constants," all of which exist in a shared continuity A.P. refers to as the Millerverse. A.P. is active on Twitter (@Millerverse), TikTok (@Millerverse), Instagram (@TheMillerverse), & hosts a blog at [www.millerverse.com](http://www.millerverse.com).

