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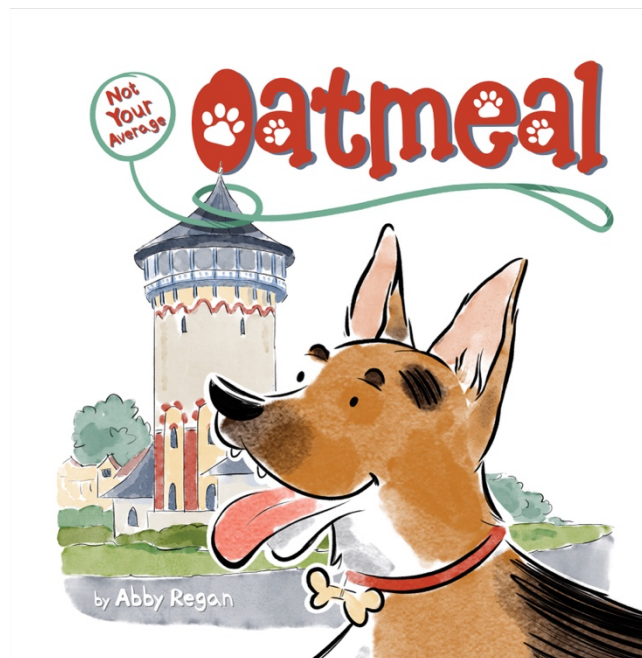
Acasia Gibson

[acasiag@carolfoxassociates.com](mailto:acasiag@carolfoxassociates.com)

708-543-9884

## Chicago-Area Recent Graduate Publishes First Book, “Not Your Average Oatmeal”

Children’s Book Speaks to Author’s Life with Rescued Foster Pet to Family



**CHICAGO** – Today, Chicago-area author Abby Regan announced she has published her first book, “Not Your Average Oatmeal.” The self-published children’s story approaches an overarching theme of trust and is the first in a series of books that encourages readers of all ages to let down their guard and accept the unconditional love of a family. “Not Your Average Oatmeal” is available for purchase online at major book retailers Barnes & Noble, Amazon and Walmart, as well as independent publishing platform Ingram Spark.

“Growing up, I loved to read all types of books and immerse myself in the stories with the characters. Since a young age, I’ve wanted to write my own book and it wasn’t until my family rescued a dog that I watched the story come to life,” said Abby Regan, author of “Not Your Average Oatmeal.” “I’m so proud to share this story with readers young and old in hopes to encourage them to extend love and trust in their lives, while conquering their fears.”

The children’s book follows the adventures of Oatmeal, a rescue dog that meets his final foster family, as he becomes their first permanent family pet. “Not Your Average Oatmeal” focuses on

Oatmeal's exploration in his new home as he encounters other animals and makes friends along the way, while learning to trust his newfound family. Oatmeal's past traumatic experiences activate his fears upon arrival at his new home, so he takes a journey and later uses his heightened senses to guide him home.

Regan recently graduated from University of Dayton with a degree in journalism and public relations and had always loved to write with the aspiration of creating a children's book one day. As a newly minted author, Regan hopes her first book can inspire readers to defy their fears and find happiness in letting their guard down with those close to them. Along with her aspirations as a writer, Regan works in the arts and entertainment agency at Chicago-based public relations and marketing agency Carol Fox & Associates and has had a lifelong relationship with the arts.

"Not Your Average Oatmeal" is now available for purchase with additional manuscripts are in the works. To learn more about Oatmeal's adventures, watch the book trailer [here](#) and stay tuned for announcements on [abbyreganbooks.com](http://abbyreganbooks.com).

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### **About Abby Regan**

Abby was born and raised in Riverside, Illinois, a western suburb of Chicago. Although she always knew she loved to write and wanted to publish a children's story at some point, it wasn't until her family rescued a foster dog that she watched the story unfold. Recently graduating from the University of Dayton with a degree in journalism and public relations, Abby began her career shortly after at Carol Fox & Associates working in marketing and public relations in the entertainment industry. She continues to be inspired by various aspects of her life to write and tell stories, and she hopes her first book, "Not Your Average Oatmeal," will encourage readers of all ages to conquer their fears and invite trust into their lives.