
2026 MEDIA & PRESS KIT

Dr. Bess

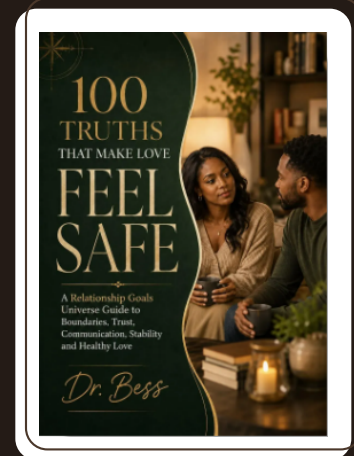
Author • Podcast Host • Speaker • Creative Entrepreneur

Stories, wisdom, wholeness, and practical ideas for healthier relationships, stronger inner lives, and curious young readers.

PUBLISHED BY TENDERESSE LLC

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FEATURED TITLE



100 Truths That Make Love Feel Safe

Relationship Goals Universe



A multi-genre author platform built around connection, wholeness, imagination, and meaningful publishing.

QUICK FACTS

Publisher / Imprint
TenderNesse LLC

Primary Areas
Relationships • Wellness & Prayer •
Children's Storytelling • Independent
Publishing

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Dr. Bess is an author, podcast host, speaker, and creative entrepreneur building a multi-genre body of work across relationships, wellness, faith, children's storytelling, and independent publishing. Her adult work includes Relationship Goals Universe, a platform devoted to healthy love, boundaries, trust, communication, and emotional safety, and The Rhythm of Wholeness, a wellness-and-prayer project centered on stillness, resilience, and whole-person well-being.

Her current relationship title, 100 Truths That Make Love Feel Safe, is Book 1 in The Dr. Bess Steady Love Compass Series. Her children's projects include Baron Truffleboots and Myrah & Sharky Adventures & Learning, alongside coloring, activity, planner, journal, and faith-centered publishing lines.

Published through TenderNesse LLC, Dr. Bess extends her books through podcasts, video, reader resources, and digital experiences designed to help audiences learn, reflect, connect, and grow.

FEATURED BOOK



100 Truths That Make Love Feel Safe

A Relationship Goals Universe Guide to Boundaries, Trust, Communication, Stability and Healthy Love

Book 1 in The Dr. Bess Steady Love Compass Series

Healthy love should not keep you guessing. This practical, compassionate guide explores the patterns that help relationships become more honest, emotionally safe, stable, and connected.

ISBN: 978-1-968156-07-7 Publisher: TenderNesse LLC

Conversation areas for podcasts, panels, interviews, author events, and thought-leadership features.

“The strongest conversations connect practical ideas with lived experience - giving audiences something they can understand, remember, and use.”

RELATIONSHIPS & HEALTHY LOVE

- What Makes Love Feel Safe: Trust, Boundaries, Communication and Emotional Stability
- Building Healthy Relationships Without Losing Yourself
- Relationship Green Flags: What Healthy Love Actually Looks Like
- Boundaries Without Guilt: Creating Relationships Built on Respect
- When Communication Breaks Down: Repairing Conflict Without Emotional Exile

WHOLENESS, FAITH & WELLNESS

- The Rhythm of Wholeness: Creating Space for Peace, Faith and Emotional Well-Being
- Calming the Morning Mind: Faith, Stillness and Starting the Day Grounded
- Prayer, Wellness and the Search for Wholeness in a Noisy World
- Faith and Emotional Resilience During Difficult Seasons

CHILDREN, STORYTELLING & LEARNING

- Writing Books That Educate, Encourage and Entertain
- Creating Meaningful Children's Stories That Inspire Curiosity and Imagination
- Building Story Worlds and Characters Children Want to Return To

AUTHOR BRAND & INDEPENDENT PUBLISHING

- From Idea to Published Book: The Independent Author Journey
- Building an Author Brand Beyond a Single Book
- Creating Multiple Book Series and Content Universes Under One Author Brand
- Using Podcasts, Video and Social Media to Extend the Life of a Book
- The Business Behind the Books: Building a Sustainable Author and Publishing Platform

A connected publishing and media ecosystem

Dr. Bess develops books, podcasts, video, reader resources, and branded content universes designed to extend conversations beyond a single title.

Relationship Goals Universe

Books, podcast conversations, healthy-love education, relationship scenarios and resources.

The Rhythm of Wholeness

Wellness, prayer, stillness, faith-centered encouragement, podcast and video content.

Baron Truffleboots

A humorous children's story universe centered on palace adventures, imagination and recurring characters.

Myrah & Sharky Adventures & Learning

Children's adventure-and-learning stories designed to blend imagination with discovery.

TenderNesse LLC

Publisher / imprint supporting Dr. Bess books and related publishing projects.

CONNECT

Website: DrBessAuthor.com

Instagram: @relationshipgoalsuniverse • @Dr.Bessofficial

YouTube: @RelationshipGoalsUniverse

Media: info@drbessauthor.com

Copy-ready language for event hosts, journalists, podcasters, and program materials.

SHORT BIO

Dr. Bess is an author, podcast host, speaker, and creative entrepreneur whose work explores healthy relationships, faith, emotional wellness, and imaginative learning. Through books, podcasts, video, and interconnected content universes, she creates practical, compassionate resources designed to help adults build healthier connections, encourage families, and invite children into joyful stories, creativity, and discovery.

Suggested host introduction: Dr. Bess is an author, podcast host, speaker, and creative entrepreneur whose work spans relationships, wellness, faith, children's storytelling, and independent publishing. Through TenderNesse LLC and projects including Relationship Goals Universe and The Rhythm of Wholeness, she creates books and media designed to help audiences connect, reflect, learn, and grow.

MEDIA ASSET USE

Approved headshot: The portrait included in this kit may be used for editorial coverage, event promotion, podcast artwork, and interview publicity involving Dr. Bess. Please credit the image as "Courtesy of Dr. Bess" when a photo credit is required.

Book covers and excerpts: Please request high-resolution covers, review copies, excerpts, or additional assets through the media contact below.

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For interviews, speaking opportunities, review-copy requests, rights inquiries, bookseller/library questions, and professional collaborations.