

One Beautiful Year of Normal Unravels Generational Secrets in a Gripping Psychological Thriller

Sandra K. Griffith delivers a character driven suspense novel that explores memory, mental illness, and the cost of uncovering the truth.

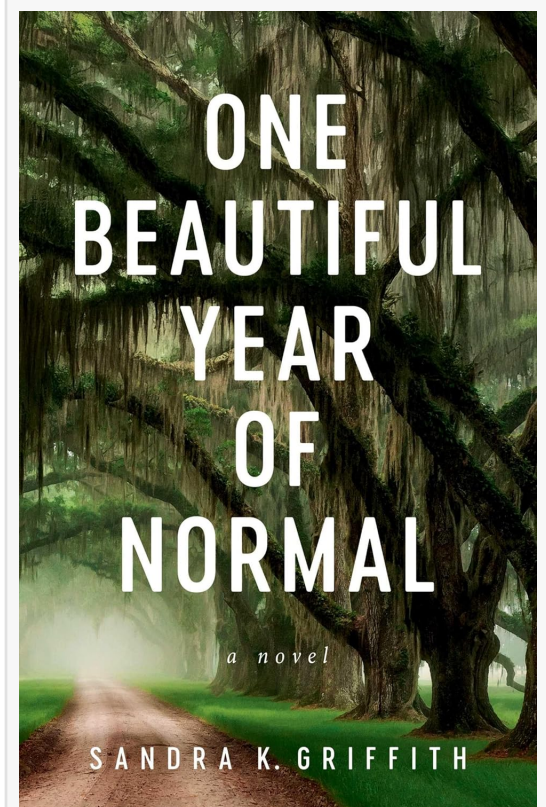
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[/EINPresswire.com/](https://EINPresswire.com/) -- In *One Beautiful Year of Normal*, author Sandra K. Griffith crafts a haunting psychological thriller that delves into family secrets, fractured memory, and the fragile line between protection and imprisonment. Set against the atmospheric backdrop of the deep South, the novel follows one woman's perilous decision to confront the past she has long been told to forget.

August Caine's life is upended by an unexpected phone call from a Savannah attorney informing her that her Aunt Helen has died. The news makes no sense. August has lived for fifteen years believing Helen perished in a car accident, a story firmly maintained by her mother. The contradiction forces August to question not only her family's narrative, but the reliability of her own memories.

Determined to uncover the truth, August returns to Savannah, where unresolved grief and unanswered questions await. As a child, she survived her father's unsolved murder, an event that fractured her sense of safety and shaped the trajectory of her life. Struggling with debilitating depression and the lingering effects of psychiatric treatment, August understands that confronting the past may be her only path forward.

Her search leads her back to Aunt Helen's home, a place that once represented refuge. It was there that they created ghost tours together, weaving local legends into stories that drew visitors into Savannah's shadowed streets. Now, those same streets feel charged with deeper mysteries. As August revisits the spaces of her childhood, fragments of memory begin to resurface,



One Beautiful Year of Normal by Sandra K. Griffith

challenging the version of events she has carried for years.

Griffith weaves themes of mental illness, mother daughter bonds, and generational secrecy into a narrative that builds tension through emotional depth rather than spectacle. The novel raises unsettling questions about the stories families tell to shield one another from pain, and the consequences when those stories distort reality.

At its core, *One Beautiful Year of Normal* is an exploration of whether truth liberates or destroys. As August pieces together the long buried truths surrounding her father's death and her aunt's hidden life, she must decide whether she is prepared for the cost of clarity.

Sandra K. Griffith brings psychological nuance and atmospheric detail to this suspenseful story, offering readers a compelling examination of resilience and revelation. With its layered storytelling and emotional intensity, the novel stands as a powerful addition to contemporary psychological fiction.

The book is now available — secure your copy here: <https://a.co/d/0dXAKQ7b>

Readers can also learn more about the author and her work at her official website: <https://sandrakgriffith.com>

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