

San Diego Author Lizzete S. Tupas Explores the Hidden Cost of Competence in Debut Novel Always on a Tuesday

Literary fiction debut arriving October 6 examines mental health, identity, and what happens when being the person everyone depends on becomes unsustainable

SAN DIEGO, CA, UNITED STATES, September 29, 2026 /EINPresswire.com/ -- What happens when the person everyone relies on can no longer rely on herself?

“

There can be an enormous distance between functioning and actually being okay. I wanted to write about what can exist inside that distance. The things people carry while taking care of everyone else.”

Lizzete S. Tupas

Filipina-American author and healthcare leader [Lizzete S. Tupas](#) explores that question in her debut novel, *Always on a Tuesday*, an upmarket psychological literary novel releasing October 6, 2026, from Studio LT Press.

The novel follows Loren Thomas, a high-performing healthcare professional who has built her life around being capable, dependable, and in control. At work, she is the person trusted to solve problems. At home, she is the person others depend on. But when professional pressure,

family illness, unresolved trauma, and a growing mental health crisis converge, the competence that has protected Loren for years begins to unravel.

Early response to the novel has highlighted an immersive approach. IndieReader awarded *Always on a Tuesday* 4.5 stars and an IR Approved designation, calling it “an intensely evocative account of a moment of crisis.” The review praised the novel’s ability to evoke the emotional and physical experiences associated with anxiety, trauma, and emotional breakdown.

BookLife Reviews described the novel as “an incisive examination of the sacrifices women make to become invaluable, while too often ignoring their own inherent worth.”

The novel has also begun building an early reader community ahead of publication through advance copies, Goodreads, book clubs, libraries, independent bookstores, and author conversations.

For Tupas, the story is particularly timely in October, when the book's release coincides with Filipino American History Month, LGBTQIA+ History Month, Mental Illness Awareness Week, and World Mental Health Day.

The novel also reflects experiences and identities that remain underrepresented in literary conversations about mental health, including a middle-aged Filipina-American protagonist navigating career, family expectations, identity, therapy, and a new understanding of herself.

Tupas will celebrate the upcoming release with a Local Author Showcase at Through the Fold in San Diego on October 4. Additional October appearances include author and book-club discussions and podcast interviews centered on the novel, mental health, identity, and independent publishing.



Lizzete S. Tupas, Author

Always on a Tuesday will be released October 6, 2026, in paperback, hardcover, and ebook formats and will be available through major booksellers and independent bookstores.

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