

**Author Anastasia Marie Cassella!**  
**Books Written With "The Flavor Of Maine"!**  
 \*\*\*\*\*

**Available Books:**  
 'The Seinners'.  
 'The Rogue Bear & Other Short Stories'.  
 'Anastasia's Mind Fog'.  
 'Two Sides Of A Bi-Polar Survivor'.  
 'Letter To My Brother'.  
 'Love At First Sight'.  
 'Stalk Or Be Stalked'.  
 'Murder Secrets and Injustice In A Small Town'.  
 'Justice Is Served'.  
 'Home Cures For Health and Special Household Quick Tips'.  
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**LuLu Shop Books: <https://www.lulu.com/shop>**  
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**Books Written With "The Flavor Of Maine"!**

**Author Anastasia Marie Cassella!**  
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**The Seinners by Anastasia Marie Cassella.**

What has Johnny Cavelli gotten himself into? His peaceful, quiet Granite Island in Maine has become a battle zone for greed. When Johnny calls Uncle Vittorio for some help he did not know that this help came with a price; a hefty price at that. Learn how Johnny achieves control of Granite Island. Learn how Johnny fails to see the concept of asking bigger, badder men to help resolve some issues he's having with Frank Miller. Granite Island will never be the same peaceful, quiet island in Maine ever again.



**5-Stars:** Having been born on Beals Island Maine, I love to support Maine Authors. I found Anastasia's fiction novel titled 'Seiners' very interesting. Her book is intentionally written in true Downeast Maine dialect. Editorial Review and Endorsement by Book Marketing Global Network.



**Review by tgfabthunderbird: 5.0 out of 5 Stars. A "Maine" Novel with Flavor.** Reviewed in the United States on January 13, 2024. The Seiners is a twist on the Maine fisherman topic that is intriguing and combines elements of New England life (and beyond) readers will get caught up in immediately. Johnny Cavelli is seeing his family's fishing business decline; in circumstances anyone who has lived along the coast will recognize. Destined to get off Granite Island, Johnny instead comes to the aid of his ailing Italian immigrant father and brother and snags an old boat for seining.

With dialogue and descriptives that put you right on the spot, the author follows Johnny's brash, face-forward move into fishing, building a business, and getting what he wants, which leads him to decisions he has to make.

Fending off rival fishermen, some heavy characters that belong in a Mickey Spillane novel, and his own uncertainty, Johnny makes for a strong, imperfect, even flawed hero that will make the pages turn.

This is not the story you think it is, just know that.

**Book Specifications from Lulu:**

Page Count: 336

Publisher: Lulu

Book Size: US Trade (6 x 9)

Publication Date: May 24, 2023

Language: English

Fiction

Fiction (General)  
Fiction Crime  
Fiction (Small Town & Rural)

**Lulu Print:**

<https://www.lulu.com/shop/anastasia-cassella/the-seiners-by-anastasia-marie-cassella/paperback/product-p26884.html?q=Anastasia+Marie+Cassella>

**Lulu Ebook:**

<https://www.lulu.com/shop/anastasia-marie-cassella/the-seiners-by-anastasia-marie-cassella/ebook/product-ymv6mz.html?q=Anastasia+Marie+Cassella>

**Amazon Print:**

[https://www.amazon.com/Seiners-Anastasia-Marie-Cassella/dp/1312528427/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.com/Seiners-Anastasia-Marie-Cassella/dp/1312528427/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=)

**Amazon Kindle:**

[https://www.amazon.com/Seiners-Anastasia-Marie-Cassella-ebook/dp/B0CBQNXG2B/ref=tmm\\_kin\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.com/Seiners-Anastasia-Marie-Cassella-ebook/dp/B0CBQNXG2B/ref=tmm_kin_swatch_0?encoding=UTF8&qid=&sr=)

**LuLu Shop Books:** <https://www.lulu.com/shop>. Type In Anastasia Marie Cassella In The Search Bar At Top Of Page.

**The Rogue Bear  
&  
Other Short Stories  
By Anastasia Marie Cassella**

**Author Anastasia Marie Cassella!  
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'The Rogue Bear & Other Short Stories'.  
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'Two Sides Of A Bi-Polar Survivor'.  
'Letter To My Brother'.  
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**The Rogue Bear & Other Short Stories by Anastasia Marie Cassella.**

'The Rogue Bear' short story is based on a true story. The story reflects the experience Anastasia had when a bear tries to enter Anastasia's Cherryfield, Maine's ranch. Other short stories in this collection include 'Just Like Grandma' who tried to protect her grandchildren from an abusive alcoholic father. 'Small Blurp' is about a woman who fell on the tracks of the IRT in NYC. 'The Writer' who follows immediate predictions of a painting above his desk. 'You're Supposed To Be Scared' is a great Halloween story of a haunted house you would not want to visit EVER!



**5-Stars:** Anastasia Marie Cassella is known for her short stories. Like a lot of people in Maine and other rural areas, stories are created, told, and passed down through the generations. Story telling is an art and an endangered species. I hope Anastasia writes more short stories in the future. Editorial Review and Endorsement by Book Marketing Global Network.

**Book Specifications from Lulu:**

Page Count: 76 Pages

Publisher: Lulu

Book Size: US Trade (6 x 9)

Publication Date: May 8, 2023

Fiction (Short Stories)

Fiction (Small Town & Rural)

Short Story Collections (Short Reads)

**Lulu Print:**

<https://www.lulu.com/shop/anastasia-cassella/the-rogue-bear-other-short-stories-by-anastasia-marie-cassella/paperback/product-eyydep.html?q=Anastasia+Marie+Cassella>

**Lulu Ebook:**

<https://www.lulu.com/shop/anastasia-marie-cassella/the-rogue-bear-other-short-stories-by-anastasia-marie-cassella/ebook/product-z66ryn.html?q=Anastasia+Marie+Cassella>

**Amazon Print:**

[https://www.amazon.com/Rogue-Other-Stories-Anastasia-Cassella/dp/1312585722/ref=monarch\\_sidesheet](https://www.amazon.com/Rogue-Other-Stories-Anastasia-Cassella/dp/1312585722/ref=monarch_sidesheet)

**Kindle:**

[https://www.amazon.com/Rogue-Other-Stories-Anastasia-Cassella-ebook/dp/B0CBQRBTKL/ref=sr\\_1\\_1?qid=1693152100&refinements=p\\_27%3AAnastasia+Marie+Cassella&s=digital-text&sr=1-1&text=Anastasia+Marie+Cassella](https://www.amazon.com/Rogue-Other-Stories-Anastasia-Cassella-ebook/dp/B0CBQRBTKL/ref=sr_1_1?qid=1693152100&refinements=p_27%3AAnastasia+Marie+Cassella&s=digital-text&sr=1-1&text=Anastasia+Marie+Cassella)

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 'Two Sides Of A Bi-Polar Survivor'.  
 'Letter To My Brother'.  
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**Anastasia's Mind Fog by Anastasia Marie Cassella.**

Anastasia Marie Cassella's poetry has won numerous Editor's Choice Awards. Her poetry is full of emotions, feelings, and experiences. Her poems express romance, confusion, abuse, beauty, love for pets, love for people, and actual dreams. When therapists recommended keeping a journal, she decided to journal her thoughts through poetry and short stories. She wrote her first serious piece in 1986, after her father passed. Since then, numerous events have taken place in her life and emotions have been unearthed during therapy. She hopes that her readers find solace, understanding, and awareness within these pages.



**5-Stars:** Anastasia is a survivor, not a victim. She has taken her pain, journaled each one into a poem or thought. It takes courage to write through emotional and mental pain. Her efforts are admirable. Editorial Review and Endorsement by Book Marketing Global Network.

**Book Specifications from Lulu:**

Page Count: 72 Pages

Publisher: Lulu

Book Size: US Trade (6 x 9)

Publication Date: May 24, 2023

Language: English

Poetry

Non-Fiction

**Lulu Print:**

<https://www.lulu.com/shop/anastasia-cassella/anastasias-mind-fog/paperback/product-kzywmq.html?q=Anastasia+Marie+Cassella>

**Lulu Ebook:**

<https://www.lulu.com/shop/anastasia-marie-cassella/anastasias-mind-fog/ebook/product-6n5ekj.html?q=Anastasia+Marie+Cassella>

**Amazon Print:**

[https://www.amazon.com/Anastasias-Mind-Fog-Anastasia-Cassella/dp/1312572205/ref=sr\\_1\\_1?crd=242BD1OWG9LSI&keywords=Anastasia%27s+Mind+Fog+by+Anastasia+Marie+Cassella&qid=1693152176&s=digital-text&sprefix=anastasia%27s+mind+fog+by+anastasia+marie+cassella%2Cdigital-text%2C105&sr=1-1](https://www.amazon.com/Anastasias-Mind-Fog-Anastasia-Cassella/dp/1312572205/ref=sr_1_1?crd=242BD1OWG9LSI&keywords=Anastasia%27s+Mind+Fog+by+Anastasia+Marie+Cassella&qid=1693152176&s=digital-text&sprefix=anastasia%27s+mind+fog+by+anastasia+marie+cassella%2Cdigital-text%2C105&sr=1-1)

**LuLu Shop Books:** <https://www.lulu.com/shop>. Type In Anastasia Marie Cassella In The Search Bar At Top Of Page.

**Two Sides Of A Bi-Polar Survivor**  
By Anastasia Marie Cassella

Author Anastasia Marie Cassella!  
Books Written With "The Flavor Of Maine!"  
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Available Books:  
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'Two Sides Of A Bi-Polar Survivor'.  
'Letter To My Brother'.  
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**Two Sides Of A Bi-Polar Survivor by Anastasia Marie Cassella.**

Anastasia Marie Cassella's book, 'Two Sides of a Bi-Polar Survivor' shares the promiscuousness, manic side of a bi-polar survivor, along with the depressive, suicidal side. Read about the pendulum of happy

and sad times. This disorder is as hard to diagnose as it is to live with. Not everyone with this illness is a survivor. Reading Ana's story might help you acknowledge your own struggles with Bi-Polar, help a friend, or family members appreciate what these survivors endure.



**5-Stars:** As a survivor of Bi-Polar and DID, my heart goes out to all people who struggle with mental illness in all its many forms. It takes courage to tell your story, and writing can be a great form of therapy. I admire Anastasia's bravery to write about her experience. No one should judge her. Editorial Review and Endorsement by Book Marketing Global Network.

**Book Specifications from Lulu:**

Page Count: 94 Pages

Publisher: Lulu

Book Size: US Trade (6 x 9)

Publication Date: May 10, 2023

Language: English:

Biographies & Memoirs

Non-Fiction

**Lulu Print:**

<https://www.lulu.com/shop/anastasia-cassella/two-sides-of-a-bi-polar-survivor/paperback/product-8ee25w.html?q=Anastasia+Marie+Cassella>

**Lulu Ebook:**

<https://www.lulu.com/shop/anastasia-cassella/two-sides-of-a-bi-polar-survivor/ebook/product-9nngwj.html?q=Anastasia+Marie+Cassella>

**Amazon Print:**

[https://www.amazon.com/Sides-Bi-Polar-Survivor-Anastasia-Cassella/dp/1312577487/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=1693152256&sr=1-1](https://www.amazon.com/Sides-Bi-Polar-Survivor-Anastasia-Cassella/dp/1312577487/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1693152256&sr=1-1)

**Kindle:**

[https://www.amazon.com/Sides-Bi-Polar-Survivor-Anastasia-Cassella-ebook/dp/B0CBQQVMYZ/ref=tmm\\_kin\\_swatch\\_0?encoding=UTF8&qid=1693152256&sr=1-1](https://www.amazon.com/Sides-Bi-Polar-Survivor-Anastasia-Cassella-ebook/dp/B0CBQQVMYZ/ref=tmm_kin_swatch_0?encoding=UTF8&qid=1693152256&sr=1-1)

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**Letter To My Brother**  
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### Letter To My Brother by Anastasia Marie Cassella.

Based on a true story! A man who believes he is right in everything raises his family in filth, squalor, and severe mind-numbing control. His children, wife and extended family members don't like what he does. But does anybody stand up to him. One does. See what she has to say in her "Letter to My Brother"!



**5-Stars:** One of the hardest things is to confront a family member, when no one else will. It is even harder when there are children involved. I give Anastasia credit for writing this book and I pray her letter got some results, if not for her brother, but for his kids. Editorial Review and Endorsement by Book Marketing Global Network.

### Book Specifications from Lulu:

Pages 95

Publisher: Lulu  
Book Size: US Trade (6 x 9)  
Publication Date: Jun 10, 2023  
Language: English  
Parenting & Families  
Family and Relationship (General)  
Family and Relationship (Abuse / General)  
Family and Relationship (Conflict Resolution)

**Lulu Print:**

<https://www.lulu.com/shop/anastasia-cassella/letter-to-my-brother/paperback/product-ym8v62.html?q=Anastasia+Marie+Cassella>

**Lulu Ebook:**

<https://www.lulu.com/shop/anastasia-marie-cassella/letter-to-my-brother/ebook/product-ym8k45.html?q=Anastasia+Marie+Cassella>

**Amazon Print:**

[https://www.amazon.com/Letter-My-Brother-Anastasia-Cassella/dp/1312466200/ref=sr\\_1\\_2?crd=3B5WI18IUUK9R&keywords=Letter+To+My+Brother+Anastasia+Marie+Cassella&qid=1693152315&s=digital-text&sprefix=letter+to+my+brother+anastasia+marie+cassella%2Cdigital-text%2C99&sr=1-2](https://www.amazon.com/Letter-My-Brother-Anastasia-Cassella/dp/1312466200/ref=sr_1_2?crd=3B5WI18IUUK9R&keywords=Letter+To+My+Brother+Anastasia+Marie+Cassella&qid=1693152315&s=digital-text&sprefix=letter+to+my+brother+anastasia+marie+cassella%2Cdigital-text%2C99&sr=1-2)

**Kindle:**

[https://www.amazon.com/Letter-Brother-Anastasia-Marie-Cassella-ebook/dp/B0CMNWZJFV/ref=tmm\\_kin\\_swatch\\_0?encoding=UTF8&qid=1693152315&sr=1-2](https://www.amazon.com/Letter-Brother-Anastasia-Marie-Cassella-ebook/dp/B0CMNWZJFV/ref=tmm_kin_swatch_0?encoding=UTF8&qid=1693152315&sr=1-2)

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## **Love At First Sight by Anastasia Marie Cassella.**

Married after only three months after falling in love at first sight, because of his eyes.

Do you believe in love at first sight? Author Anastasia Marie Cassella does.

Follow Louise as she falls in love, or so she believes, at first sight, which turns sour. Then she has another adventurous romance that she believes is truly love at first sight. Find out if Louise has fallen in love at first sight with Author Anastasia Marie Cassella's first romance novel.

It is romantic, passionate, and full of adventure! A must read.



**5-Stars:** Some people fall in love at first sight. In this case, it was because of his eyes. Follow Louise as she falls in love. See if the infatuation she has with his eyes amounts to lasting, life-long bond. Editorial Review and Endorsement by Book Marketing Global Network.

### **Book Specifications from Lulu:**

Page Count: 151 Pages

Publisher: Lulu

Book Size: US Trade (6 x 9)

Publication Date: July 02, 2023

Language: English

Genre: Romance (Contemporary)

Fiction Romance (General)

Fiction Romance (Contemporary)

Fiction Romance (Action & Adventure)

### **Lulu Print:**

<https://www.lulu.com/shop/anastasia-marie-cassella/love-at-first-sight/paperback/product-jvjwvz.html?q=Anastasia+Marie+Cassella>

### **Lulu Ebook:**

<https://www.lulu.com/shop/anastasia-marie-cassella/love-at-first-sight/ebook/product-gr9yjz.html?q=Anastasia+Marie+Cassella>

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### **Stalk Or Be Stalked by Anastasia Marie Cassella.**

Have you ever felt that someone has been in your space?

Have you ever felt that you were being stalked?

Adsila turns the tables on her stalker.



**5-Stars:** Anastasia reminds us in this short crime fiction to stay alert in your surroundings, do not become complacent, have a plan, and be ready to act. Editorial Review and Endorsement by Book Marketing Global Network.

**Book Specifications from Lulu:**

Page Count: 111 Pages  
Publisher: Lulu  
Book Size: US Trade (6 x 9)  
Publication Date: July 16, 2023  
Language: English  
Fiction (General)  
Fiction (Crime)  
Fiction (Women)  
Mysteries (Crime Fiction)

**Lulu Print:**

<https://www.lulu.com/shop/anastasia-marie-cassella/stalk-or-be-stalked/paperback/product-grqgr8.html?q=Anastasia+Marie+Cassella>

**Lulu Ebook:**

<https://www.lulu.com/shop/anastasia-marie-cassella/stalk-or-be-stalked/ebook/product-mje524.html?q=Anastasia+Marie+Cassella>

**Amazon Print:**

<https://www.amazon.com/Stalk-Stalked-Anastasia-Marie-Cassella/dp/131233150X>

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**Murder Secrets and Injustice In A Small Town**  
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**Murder Secrets and Injustice In A Small Town by Anastasia Marie Cassella.**

Anastasia Marie Cassella's book: Murder, Secrets and Injustice in a Small Town accurately depicts small town America with its good and its bad.

Come follow Ana's story about murder, secrets, and injustice in the small coastal town of Cherryfield, Maine.

Who really murdered Marco, a migrant worker and who really murdered Sherman Stanhouse?

What is the secret Don Terrance wants to tell Ana?



**5-Stars:** Based on a similar crime story, Anastasia invites her readers to experience small town justice. I found the story interesting. Editorial Review and Endorsement by Book Marketing Global Network.

**Book Specifications from Lulu:**

Page Count: 161 Pages

Publisher: Lulu

Book Size: US Trade (6 x 9)

Publication Date: Aug 12, 2023

Language: English

Fiction (General)

Fiction (Crime)

Fiction (Women)

Mysteries (Crime Fiction)

**Lulu Print:**

<https://www.lulu.com/shop/anastasia-cassella/murder-secrets-and-injustice-in-a-small-town/paperback/product-grwj4e.html?q=Anastasia+Marie+Cassella&page=1&pageSize=4>

**Lulu Ebook:**

<https://www.lulu.com/shop/anastasia-cassella/murder-secrets-and-injustice-in-a-small-town/ebook/product-8v24qe.html?q=Anastasia+Marie+Cassella&page=1&pageSize=4>

**Amazon Print:**

<https://www.amazon.com/Murder-Secrets-Injustice-Small-Town/dp/BOCN2FDXX2>

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**Justice Is Served**  
by Anastasia Marie Cassella

**Justice is Served**  
Sequel to Murder, Secrets & Injustice In A Small Town

**Author Anastasia Marie Cassella!**  
**Books Written With "The Flavor Of Maine"!**  
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### **Justice Is Served by Anastasia Marie Cassella.**

#### **Sequel to Murder, Secrets, and Injustice in a Small Town.**

Anastasia Marie Cassella's 'Justice is Served-Sequel to Murder, Secrets and Injustice in a Small Town' is where a young man finds himself in the same predicament that the main character of Murder, Secrets and Injustice in a Small Town does accepting this young man who stands up for his 'woman' finds out that without money and bigwigs to help you hide your secret you get served 'justice' so is this truly justice served?

A small town where injustices regarding murder were once known to happen will not allow it to happen again. But what happens when you have no money to pay off witnesses and police?

What happens when there is just you against the world?

In the small town of Cherryfield, Maine where rumors run rampant who do you believe and when do you believe?

Romance, murder, and mayhem abound in this tale of justice but is it truly justice?

Follow Ana in her struggle for strength and romance in this unforgiving tale of justice.



**5-Stars:** Sequel to Murder, Secrets In A Small Town. Both books are based on a similar, true, crime story, Anastasia invites her readers to experience small town crime and justice. I found the story interesting. Editorial Review and Endorsement by Book Marketing Global Network.

**Book Specifications from Lulu:**

Pages 116

Publisher: Lulu

Book Size: US Trade (6 x 9)

Publication Date: Aug 18, 2023

Language: English

Fiction (General)

Fiction (Crime)

Fiction (Women)

Mysteries (Crime Fiction)

**Lulu Print:**

<https://www.lulu.com/shop/anastasia-cassella/justice-is-served/paperback/product-qrge2.html?q=Justice+Is+Served+by+Anastasia+Marie+Cassella>

**Lulu Ebook:**

<https://www.lulu.com/shop/anastasia-cassella/justice-is-served/ebook/product-z26wmd.html?q=Justice+Is+Served+by+Anastasia+Marie+Cassella>

**Amazon Print:**

[https://www.amazon.com/Justice-Served-Anastasia-Cassella/dp/1312205830/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&dib\\_tag=se&dib=eyJ2ljojMSJ9.df26fqAwWPIOlUQjdRoJS3VDiGwYkpElqm56c2WOa6Fe95pVbKmkopAausddZOjOpdDoUsdHm3F9wevvG8lO2uwX6xIptUKBir6zGPDQRDvPTFVtdltdBUhsRmisFWoUbkFK9JhMOLYe7mASylsfnQ.IRZVWGYH9mM8-rXg2NStIsTR58aKtJhtuh2yBnOan8o&qid=1705256422&sr=1-16](https://www.amazon.com/Justice-Served-Anastasia-Cassella/dp/1312205830/ref=tmm_pap_swatch_0?encoding=UTF8&dib_tag=se&dib=eyJ2ljojMSJ9.df26fqAwWPIOlUQjdRoJS3VDiGwYkpElqm56c2WOa6Fe95pVbKmkopAausddZOjOpdDoUsdHm3F9wevvG8lO2uwX6xIptUKBir6zGPDQRDvPTFVtdltdBUhsRmisFWoUbkFK9JhMOLYe7mASylsfnQ.IRZVWGYH9mM8-rXg2NStIsTR58aKtJhtuh2yBnOan8o&qid=1705256422&sr=1-16)

**Kindle:**

[https://www.amazon.com/Justice-Served-Anastasia-Cassella-ebook/dp/B0CN3BRSKD/ref=tmm\\_kin\\_swatch\\_0?encoding=UTF8&dib\\_tag=se&dib=eyJ2ljojMSJ9.df26f](https://www.amazon.com/Justice-Served-Anastasia-Cassella-ebook/dp/B0CN3BRSKD/ref=tmm_kin_swatch_0?encoding=UTF8&dib_tag=se&dib=eyJ2ljojMSJ9.df26f)

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**Home Cures For Health**  
And Special Household Quick Tips  
by Anastasia Marie Cassella

**Author Anastasia Marie Cassella!**  
**Books Written With "The Flavor Of Maine"!**  
\*\*\*\*\*

**Available Books:**  
**'The Soiners'.**  
**'The Rogue Bear & Other Short Stories'.**  
**'Anastasia's Mind Fog'.**  
**'Two Sides Of A Bi-Polar Survivor'.**  
**'Letter To My Brother'.**  
**'Love At First Sight'.**  
**'Stalk Or Be Stalked'.**  
**'Murder Secrets and Injustice In A Small Town'.**  
**'Justice Is Served'.**  
**'Home Cures For Health and Special Household Quick Tips'.**  
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Endorsement  
5-Stars  
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### Home Cures For Health and Special Household Quick Tips by Anastasia Marie Cassella.

Anastasia Marie Cassella's 'Home Cures For Health And Special Household Quick Tips' are derived from her own health needs and those of her family. Diagnosed with several illnesses, Anastasia has learned homeopathic remedies from doctors, friends, and family members through her fifty plus years.

Determined to fight though her disabilities, she has discovered many short cuts to cleaning and resolving household tasks, to save time and energy. She endeavors to share her knowledge of home remedies that have been passed down through the generations.

This book is not meant to circumvent the advice of a physician. It is not meant as a medical guide. She recommends talking to your doctor before using the homeopathic solutions found in this book. In Anastasia's case, traditional medications and solutions did not always work as intended, so she resorted to homeopathic solutions.

The short cuts provided in the enclosed "household quick tips" are tried and true. The homeopathic and generational solutions are passed down from generation to generation, because they work.



**5-Stars:** Anastasia is a kind, caring person. She is a good listener. She has given me good advice over the years. Her heart is in the right place. She believes that passing her knowledge along will improve the lives of others. She was born in Bar Harbor, Maine, and raised in Downeast Maine. Years and years of homeopathic cures and quick tips have been passed down and successfully used. Editorial Review and Endorsement by Book Marketing Global Network.

**Book Specifications from Lulu:**

Page Count: 48 Pages

Publisher: Lulu

Book Size: US Trade (6 x 9)

Publication Date: May 5, 2023

Health and Fitness

Self-Help-General

Self-Help (Self-Management/General)

Health and Fitness (Homeopathy)

**Lulu Print:**

<https://www.lulu.com/shop/anastasia-cassella/home-cures-and-special-household-quick-tips-by-anastasia-marie-cassella/paperback/product-z6pqe8.html?q=Anastasia+Marie+Cassella>

**Lulu Ebook:**

<https://www.lulu.com/shop/anastasia-cassella/home-cures-for-health-and-special-household-quick-tips/ebook/product-2z6zek.html?q=Anastasia+Marie+Cassella>

**Amazon Print:**

[https://www.amazon.com/Cures-Special-Household-Anastasia-Cassella/dp/131259473X/ref=sr\\_1\\_21?qid=1693152912&refinements=p\\_27%3AAnastasia+Cassella&s=b\\_ooks&sr=1-21&text=Anastasia+Cassella](https://www.amazon.com/Cures-Special-Household-Anastasia-Cassella/dp/131259473X/ref=sr_1_21?qid=1693152912&refinements=p_27%3AAnastasia+Cassella&s=b_ooks&sr=1-21&text=Anastasia+Cassella)

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**About Anastasia Marie Cassella:** Anastasia was born in Bar Harbor, Maine, and raised in Downeast Maine. She is proud to be an author from Maine and many of her books are centered around one or more locations in Maine.

Diagnosed with several illnesses, she is determined to fight through her disabilities. She encourages those around her to fight for good physical and mental health.

Anastasia has published ten multi-genre works. She has been writing since she was sixteen, following in her dad's footsteps. Poetry comes easy for her. Truth comes easily. Writing dramas, using life experiences comes easier.

She loves assisting authors and writing. She is currently working on novels and children's stories. When she is not enjoying the great outdoors that Maine has to offer, you will find her on Facebook. She loves to play games and interact with other authors. She frequently shares photos of the foods she is baking, posts fun photos about the snowstorms, and other related things going on in Maine.

She invites you to read her books, leave a review, and connect with her on Facebook.

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