

Date 5.9.24

Buxton, NSW, Australia

Headline

From Australian Prime Ministers and Bruises to Author: Sensei Sarhn Launches Her Remarkable YA Novel 'Osu'

Introduction

Battered and bruised, Sarhn sat motionless on her couch six years ago. She closed her eyes to dwell amongst the healing of her meditation practice. 20 full contact fights with only 10 seconds break in between each fresh black belt fighter, had pounded her then late 40's body. Not her mind or spirit, however.

This goal wasn't about her. What fuelled her forward, were her karate students and her daughter. Proving to them that it could be done despite her age. That great things were possible for all.

Two days after achieving what she set out to do, amongst the peace of her meditative mind, she heard a voice. "Write a book", the voice said. Her response was quick, negative, firm, and vulgar. After all, hasn't she done enough? The voice in her mind persisted for months, until she surrendered to its call.

Determined to inspire healthy self-image, confidence, and self-awareness in young adults and teenagers, Sensei Sarhn channelled her experiences into writing her gripping novel, 'Osu'.

Author Bio

Renowned and highly trusted in the 1990s and 2000s for her striking and distinctive flair as a professional photographer, Sarhn photographed four Australian Prime Ministers, immortalised numerous celebrities, and vividly captured a plethora of sporting legends through her lens.

After retiring her camera, Sarhn followed her passion for martial arts into founding a karate dojo, channelling her desire into making a profound and positive impact on the lives of her students. Imparting invaluable life skills such as strength of character, compassion, respect, self-awareness, focus, courage, determination, discipline, and confidence.

Her commitment to empowering the next generation is now vividly captured in her debut novel, 'Osu,' where she continues her mission to inspire healthy self-image and resilience in young adults and teenagers.

Author Quote

"Those who achieve great feats, are not carved from a different stone, nor are they superhuman.

They just know and do things differently.

All of which can be taught and learnt if one is open."

Book Information

Title: 'Osu'

Author: Sensei Sarhn

Reader: Young Adults & Teenagers

Pages: 328

Publisher: EmpoweringBooks.org

Published: 21.8.24

'Osu' Book Description

In the dojo, Olive discovers her empowering strength. Outside, she faces her greatest challenge.

Sixteen-year-old Olive has always been an outsider and when her family uproots her from the bustling city to sleepy Buxton, she's sure her life is over. That is, until she stumbles upon a local karate school.

The dojo becomes Olive's sanctuary, and her natural talent catches everyone's eye—especially Boyan, the enigmatic son of her sensei. As Olive and Boyan's connection deepens, she realises he's fighting battles of his own.

But just as Olive begins to find her footing, a devastating secret threatens everything she's built. Now, she must summon every ounce of her newfound strength to fight for her place in a world that seems determined to push her out.

Osu is a gripping, empowering coming-of-age-tale of self-acceptance, resilience, and the transformative power of finding where you belong.

In this unforgettable debut, Sensei Sarhn reminds us that the stories we tell ourselves can be our greatest enemy—or our most powerful ally.

Review Copies

Contact Sensei Sarhn to advise if you want an eBook or paperback to review (please provide postal address, email and name).

Media Kit & Photographs

<https://sarhn.com.au/media-kit/>

Call to Action / Where to Purchase Osu

Experience the Inspirational Journey of 'Osu': Get Your Copy Today!

Don't miss out on Sensei Sarhn's debut novel, 'Osu,' a gripping and heartfelt story that encourages confidence, self-awareness, and resilience in young adults and teenagers.

Available now on Amazon (other sellers coming soon) at
<https://www.amazon.com/gp/product/B0D2BL2H3V>.

Purchase your copy today and join Sensei Sarhn on her mission to empower the next generation.

Contact Details

Sensei Sarhn

0415 748 590

sarhn@sarhn.com

<https://sarhn.com>

PO Box 95 Buxton NSW 2571 Australia