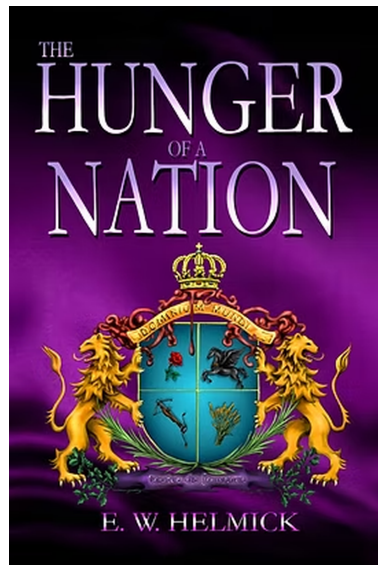


THE HUNGER OF A NATION

One-Sheet Press Kit | Historical Fiction by E. W. Helmick

**MEDIA / BOOK CLUB
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Cover image



E. W. Helmick

Award-winning screenwriter and author

Genre: Historical fiction / literary historical drama
Length: Approx. 140,000 words
Setting: 12th-century Spain, Aragon, and the Pyrenees
Status: Manuscript / ARC available upon request

BOOK SNAPSHOT

The Hunger of a Nation is a sweeping historical novel of appetite, survival, and moral hunger. In twelfth-century Spain, a starving nation is summoned night after night to the palace's midnight banquets, with tables groaning under black-poached fig cakes, Neapolitans, ice biscuits, Pommes à la Royale, lobster créme canapés, and roasts dripping with rich sauce. The people eat until they can eat no more, yet their hunger is never truly satisfied, as if something essential is missing.

SALES / SHELF POSITION

- For readers drawn to immersive historical fiction, moral suspense, medieval settings, rich foods, and stories where beauty and danger live side by side.
- A strong fit for book clubs that enjoy large-canvas historical novels with mystery, faith-adjacent themes, survival, power, mortality, and the question of what a nation truly hungers for.
- Keywords: 12th-century Spain; Aragon; Pyrenees; medieval historical fiction; epidemic; immortality; pâtissier; mortician; rebellion; survival; moral hunger.

DISCUSSION VALUE

- Ideal for groups interested in how political fear, scarcity, privilege, and desire shape private choices and national consequences.
- Core questions: What does hunger reveal about a person? When does the desire to live become a temptation? What do comfort, food, beauty, and death expose about the soul of a society?
- Companion materials include discussion questions, character-arc prompts, medieval-table inspiration, and optional at-home activities around food and hospitality.

APPEARANCES / SPEAKING AVAILABILITY

- Available for book-club discussions, library events, bookstore conversations, podcast interviews, and short author talks.
- Possible topics: "Writing Hunger as More Than Appetite," "History, Mystery, and Moral Imagination," "From Novel to Screenplay," and "Building a Historical World Readers Can Taste."

AUTHOR NOTES

E. W. Helmick is an award-winning screenwriter and author whose work often explores identity, grace, courage, moral hunger, and the long road home. His storytelling background spans fiction, memoir, screenwriting, publishing, and ministry work through the global humanitarian organization, Help World Tour.