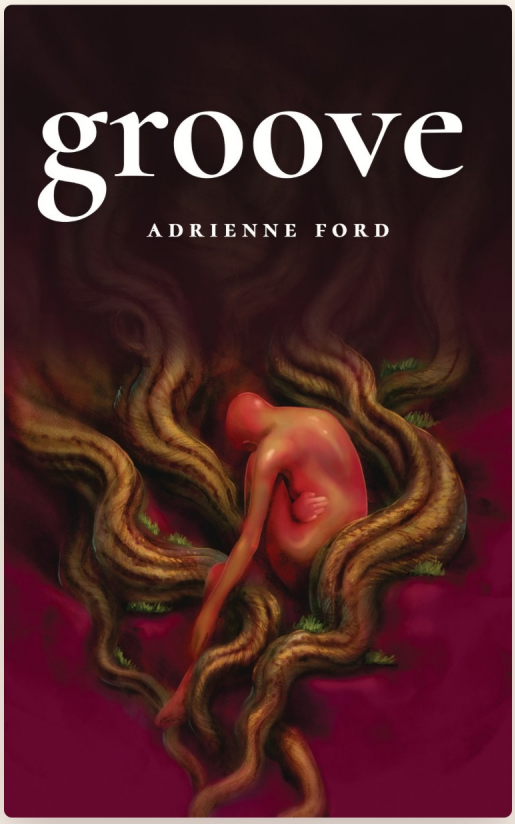
LOCAL AUTHOR · AUSTIN, TX



"I booked a one-way trip to Tahiti I never meant to come back from. Groove is the story of why I came back."

From the outside, her life looked successful — a senior engineer at a major tech company, a loving family, a home far from where she started. Inside, she was being consumed by a depression no one around her could see.

Groove is part confession, part atonement, part love letter to the sheer stubbornness of survival. A raw and fiercely honest account of moving through the world — the wounds we inherit, the ruts we get stuck in, and the groove we learn to move in. Unflinching, funny at the very edge of grief, and ultimately a survivor's account that leaves readers lighter than it found them.

> *"The pictures were real. I just wasn't in any of them anymore."*

For readers of Kiese Laymon's *Heavy* and Glennon Doyle's *Untamed*

WHY IT SELLS

01 **Depression hiding in plain sight.** Flips the stereotype — a high-achiever no one knew was struggling. The kind of recognition readers hand to a friend.

02 **A voice readers rarely get.** A debut memoir from a Black woman in STEM — intimate, culturally rooted, and sharp.

03 **Hard truth, real hope.** Honest about suicide and inherited pain, but it's a book about staying — and the way back.

04 **Short, literary & giftable.** 108 pages with original etching-style illustrations — a book made to be held and passed along.

FOR ORDERING

Title	**Groove: A Memoir**
Author	Adrienne Ford
Publisher	MV Press
Pub date	October 2026
ISBN	978-0-9995751-3-0 (PB) · 978-0-9995751-2-3 (HC)
Formats	Paperback $16.99 · Hardcover $27.99 · eBook $9.99
Specs	108 pp · 6 × 8 in · B&W illustrations
Category	Memoir · Mental Health
Order via	**Ingram** · 55% trade discount



Adrienne Ford
Debut memoirist · Austin, TX

A senior engineer at Google, Adrienne writes and speaks about depression, generational trauma, and hope.

Available for in-store events
Readings, signings & book-club visits.
Companion discussion guide available.

Some grooves wear you down. This one holds you up.

Content: depression, suicidal ideation, and sexual assault — handled with care, and with hope.

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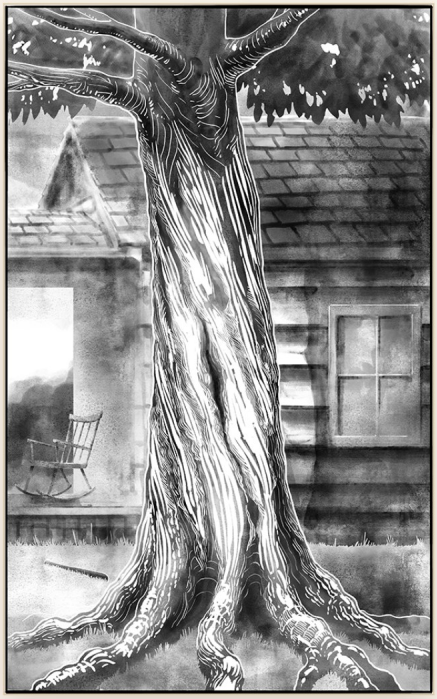
Interior Artwork

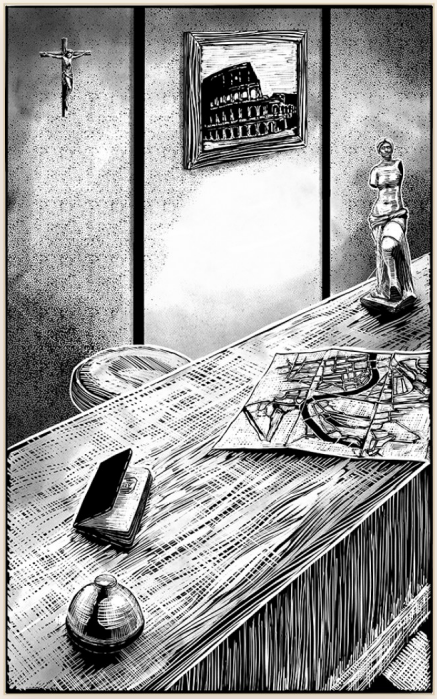
Groove is illustrated throughout with original full-page artwork — one image for each chapter, and the place that shaped the journey. A selection of the interior plates:











Eight places. Eight chapters. One long way home.

Original illustrations by Hendrik Gericke · High-resolution art available on request.