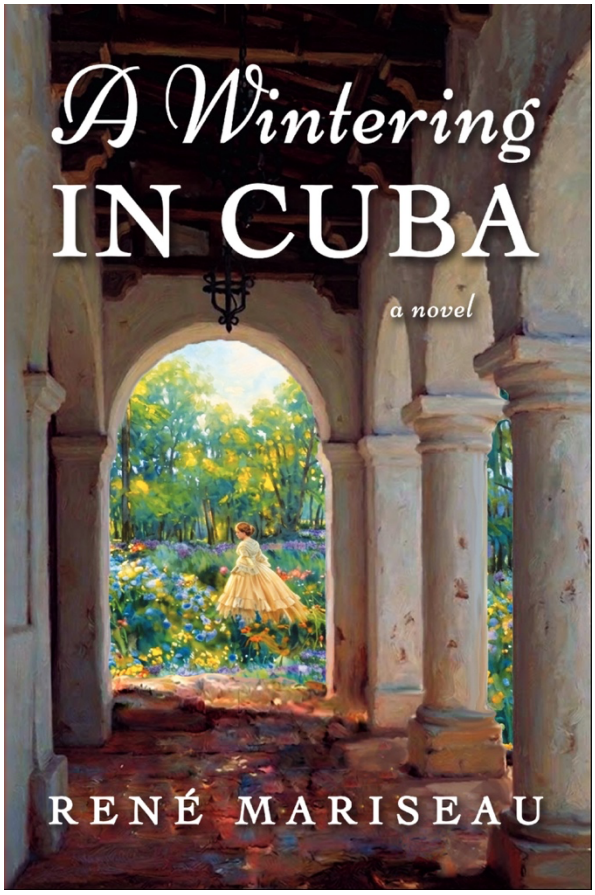
A Wintering in Cuba

PRESS SHEET

a novel by René Mariseau



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OVERVIEW

Cuba, 1858. Grieving her infant's death and a marriage turned cold, young Tennessee housewife Mattie Fletcher is sent to Constancia—a sweeping Cuban sugarcane plantation—to recover from "feminine hysteria." There, she forms a bond with Sarah Howe, an enigmatic fellow guest harboring a violent, secret past. When Sarah's husband arrives unexpectedly and breaks the plantation's fragile quiet, Mattie is drawn into a dangerous quest for revenge that tests her newfound loyalty.

AUTHOR INTERVIEW HIGHLIGHTS

Q. What inspired you to write A Wintering in Cuba*?*
A. My research into 19th-century American travel diaries revealed fascinating accounts by women sent to Cuba to recover from vague "female complaints." At the same time, I was studying the harsh medical treatments prescribed during that era. The convergence of these two historical threads directly inspired Mattie and Sarah's story.

Q. How did you approach historical accuracy and atmospheric world-building in the novel?
A. For me, historical accuracy is less about dates and clothing and more about capturing authentic sensory reality. My goal was to ground the setting in rich, dream-like textures that reflected the characters' internal struggles.

ABOUT THE AUTHOR & CONTACT

René Mariseau is a scholar of 19th century Cuba tourism and social dynamics who lives in the Nashville area. For more information, please visit **renemariseau.com**.