

Debut Author Jacqueline Sand's Chasing the Calm Redefines & Transforms Romance Books Genre

Gen Z and millennial readers, meet your new obsession. A genre-defying, soul-shaking debut that proves romance can be spicy, funny, and healing—all at once.

CHASING THE CALM

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JACQUELINE SAND

Los Angeles, California Apr 21, 2025 ([IssueWire.com](https://www.IssueWire.com)) - Jacqueline Sand's debut novel *Chasing the Calm* is emerging as a standout in the contemporary romance space, blending emotional depth, humor, and soul-level vulnerability in a narrative that's resonating with Gen Z and millennial readers alike. Set against the lush backdrop of Tulum, the novel navigates themes of intimacy, self-worth, and spiritual transformation through characters as complex as the readers themselves.

At the heart of the story is Yasmine Sepehr, a sought-after, half-Iranian, half-Swedish wellness influencer known for helping others find peace in a world that profits off of chaos. When she's invited to lead at an exclusive healing retreat in Tulum—where models, influencers, and tech billionaires come chasing clarity between cacao ceremonies and curated sunrise meditations—she's unexpectedly reunited with Alex Pierce, a past lover. He's a billionaire with emotional walls taller than his legacy, and the last person searching for transformation. What begins as an inconvenient spark becomes a slow and deeply spiritual unraveling of ego, grief, and long-held beliefs about love, vulnerability, and what it means to be truly seen.

"*Chasing the Calm* offers a new kind of love story—one that speaks to readers craving more than surface-level happily-ever-afters," says Sand. "I wrote this book for a generation that values emotional growth, self-awareness, and meaningful connection. Real love, in this story, is built, not stumbled into. It comes through vulnerability, self-work, and the courage to face what hurts. I wanted to write a romance novel that holds the weight of real-life healing, while delivering the kind of feel-good narrative that leaves readers laughing and unraveling in the best way."

What sets *Chasing the Calm* apart is its refusal to choose between healing and desire. Set against an immersive, sun-soaked backdrop, this is a second-chance romance where emotional growth and heat go hand-in-hand. Already gaining traction on BookTok and Instagram, readers are connecting with its emotionally intelligent characters, grounded sensuality, and its portrayal of spiritual growth as the new love language—a story that feels both wildly modern and deeply human.

In her viral essay, *Writing a Romance Novel Healed Me—In All the Ways Therapy Couldn't*, Sand shares how crafting *Chasing the Calm* became more than just a creative outlet—it became a radical act of self-reclamation. Blending emotional honesty with humor and warmth, she explores what it means to unlearn shame, embrace softness, and write the kind of love story she never thought she deserved. It's a powerful reflection on motherhood, healing, and the quiet magic of letting fiction set you free. [Read the essay here](#)

Chasing the Calm is currently available for preorder on Amazon and is set to release on **May 23, 2025**.

For interviews, feature stories, or review requests, contact Jacqueline Sand directly.

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About the Author: Jacqueline Sand is a Los Angeles-based romance author, creative entrepreneur,

and full-time mom. Her work explores emotional healing, sensuality, and self-reclamation through character-driven storytelling. *Chasing the Calm* is her debut novel and the first book in the *Unraveled Hearts* series.

Her stories are rooted in emotional truth, sensuality, and the quiet power of self-reclamation. With a voice that blends vulnerability and heat, she explores the messy, beautiful journey of what it means to love and be fully seen. *Chasing the Calm* is her debut novel and the first in the *Unraveled Hearts* series.

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