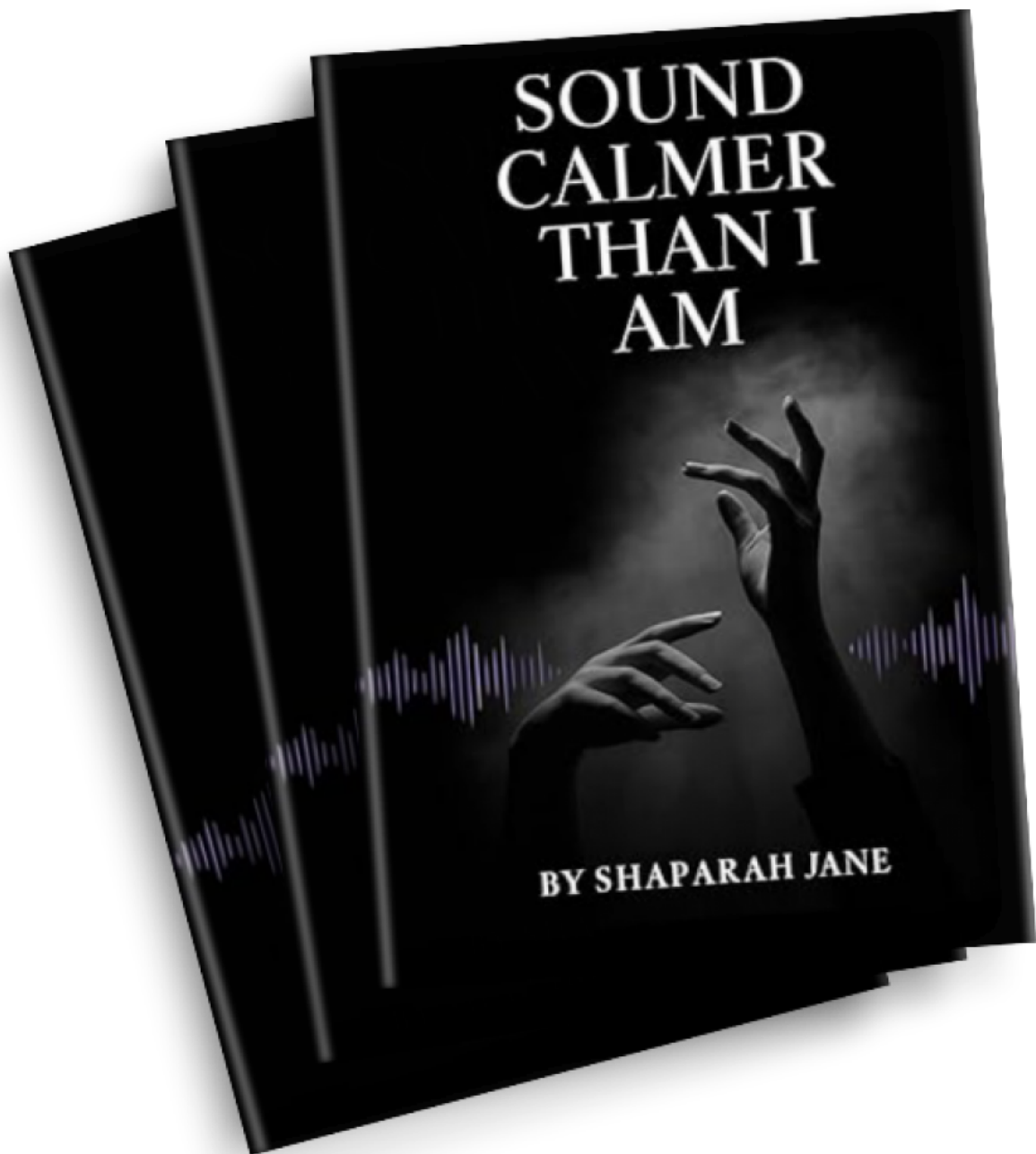


Sound Calmer Than I Am by Shaparah Jane Explores the Quiet Struggles Hidden Behind Strength



Houston, Texas May 11, 2026 (Issuewire.com) - Sound Calmer Than I Am, written by Shaparah Jane, is a powerful work of fiction that explores anxiety, emotional pressure, and the hidden struggles many people carry behind a calm exterior. Released on February 11, 2026, the novel is now available on Amazon, inviting readers into a deeply reflective story about control, endurance, and personal

awakening.

About the book:

Jacqueline “Jacqui” appears calm, capable, and dependable to everyone around her. Known for her sharp thinking, composed presence, and ability to handle life’s many demands, she seems to manage responsibilities with ease. But beneath that composed exterior, Jacqui experiences a constant internal battle. Everyday situations can feel overwhelming, and even moments of quiet are filled with restless thoughts.

As motherhood, financial pressures, and invisible expectations slowly close in around her, Jacqui begins to realize that constantly enduring life is not the same as truly living it. The strength people admire in her begins to feel like a mask she must always wear. *Sound Calmer Than I Am* captures this deeply human struggle, revealing how moments of awareness can challenge long-standing patterns and inspire someone to question the life they believed they had to maintain.

About the Author:

Shaparah Jane brings honesty and emotional depth to this compelling narrative. Through Jacqui’s journey, the novel explores themes of anxiety, control, identity, and self-awareness. With thoughtful storytelling and emotional insight, *Sound Calmer Than I Am* encourages readers to reflect on the pressures people often carry silently while appearing perfectly composed to the outside world.

Availability:

Sound Calmer Than I Am is now available on Amazon. Readers can discover Jacqui’s story and experience a thought-provoking novel that explores inner struggles, self-awareness, and the courage to confront life’s difficult truths.

Book Link: <https://a.co/d/01KDnngp>



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