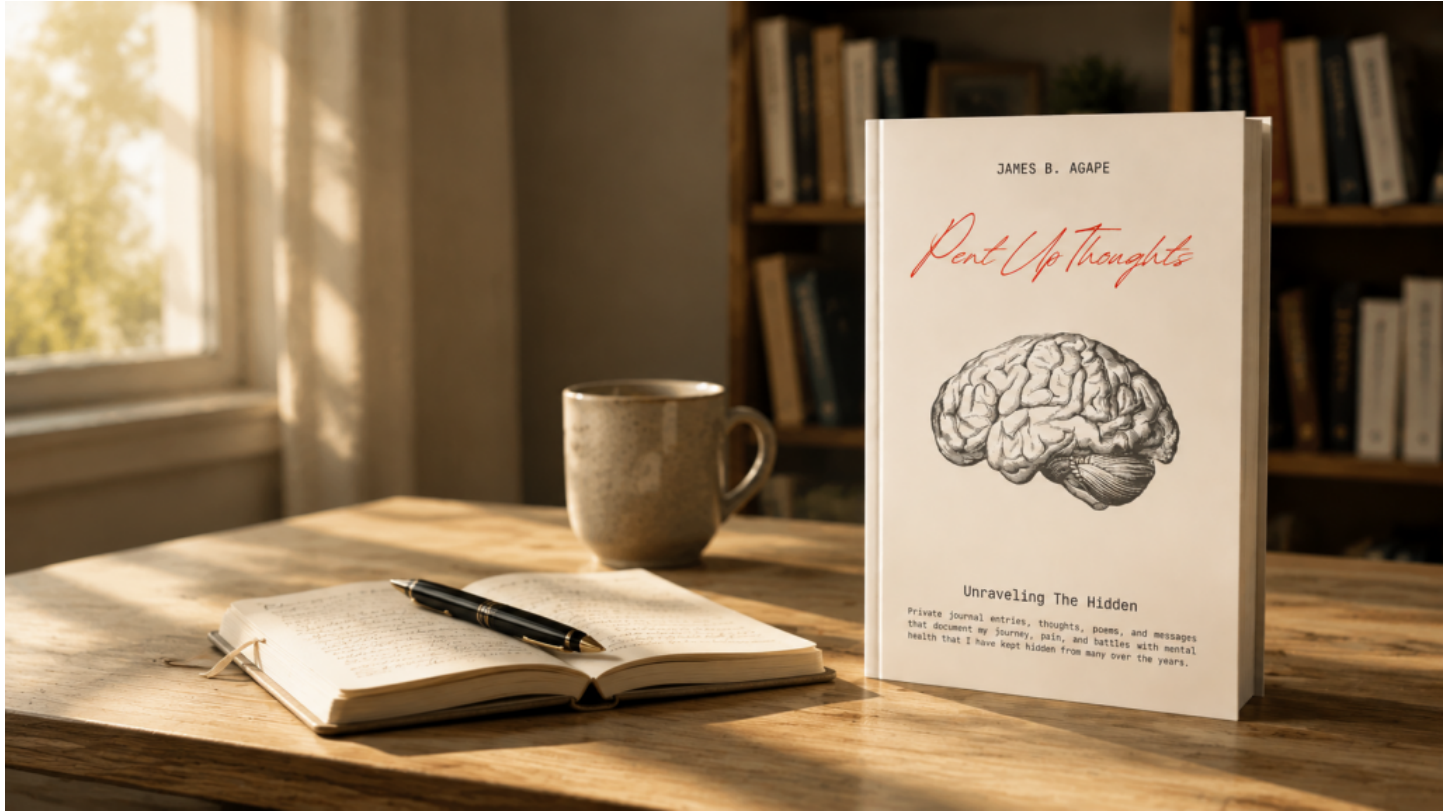


2025 Regal Summit Award Winner James B. Agape Launches Pent Up Thoughts Platform

Following recognition in the Short Story Collection category, the independent author launches an expanded digital platform dedicated to mental health, reflective writing, and reader engagement.



Dubai, United Arab Emirates Aug 19, 2026 ([Issuewire.com](https://www.issuewire.com)) - DUBAI, United Arab Emirates – August 19, 2026 — Following the recognition of *Pent Up Thoughts* as a **2025 Regal Summit Book Award recipient in the Short Story Collection category**, independent author **James B. Agape** has expanded the book into a growing digital platform designed to foster meaningful conversations around mental health, healing, resilience, and personal growth.

Originally written as a collection of private journal entries during one of the most challenging periods of the author's life, *Pent Up Thoughts* has evolved into a published collection of reflections, messages, and poetry exploring themes including anxiety, depression, self-acceptance, relationships, hope, and emotional well-being. The book's recognition by the Regal Summit Book Awards marked an important milestone in its journey. It inspired the continued development of resources to support readers beyond the book's pages.

The newly expanded *Pent Up Thoughts* platform brings together a dedicated author website, reflective articles, original blog content, a reader newsletter, and [The First Pages](#), a complimentary preview that introduces new readers to the opening chapters of the book. Rather than serving solely as a promotional website, the platform has been developed as an ongoing resource where readers can explore topics surrounding mental health, self-reflection, resilience, and personal growth.

The website also provides readers with updates on the author's writing journey, new articles inspired by the themes explored throughout Pent Up Thoughts, and future projects aimed at encouraging thoughtful conversations around emotional well-being.

"I never began writing with the intention of publishing a book or receiving literary recognition," said **James B. Agape**, author of Pent Up Thoughts. "Writing became a private way of making sense of some of the most difficult seasons of my life. To see those journal entries evolve into a book recognized by the Regal Summit Book Awards has been both humbling and deeply meaningful. Expanding this platform is my way of continuing the conversation beyond the book itself. I hope that anyone who discovers these pages leaves knowing they are not alone, and that healing, however gradual, is always possible."

As awareness surrounding mental health continues to grow globally, Agape hopes the expanded platform will encourage readers to engage more openly with experiences that are often difficult to express while demonstrating the lasting value of reflective writing as a tool for healing and self-discovery.

About James B. Agape

James B. Agape is an independent author based in Dubai, United Arab Emirates. His writing focuses on mental health, resilience, healing, relationships, and personal growth through reflective prose and poetry. His debut book, Pent Up Thoughts, received the **2025 Regal Summit Book Award** in the **Short Story Collection** category and serves as the foundation for a growing online platform dedicated to encouraging honest conversations around emotional well-being.

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