Psychological Thriller “Don’t Be Frightened” Follows Two Women, Two Timelines, One Shared Predator

Author Barbara Cooper draws on lived experience to craft a suspense novel about survival, courage, and reclaiming one’s story


DON'T
BE
FRIGHTENED
BARBARA COOPER

Tomah, Wisconsin Nov 4, 2026 (Issuewire.com) - Author **Barbara Cooper** has released ***Don't Be Frightened***, a psychological thriller that follows two young women, separated by time but bound by the same abuser and attacker, as each is drawn into a reckoning with the past.

Told across two intersecting timelines, *Don't Be Frightened* traces how two women, generations apart, come to confront the same predator, one story unfolding in pursuit of justice, the other in pursuit of survival. Cooper weaves suspense with emotional honesty, building toward a confrontation that asks what it truly takes to stop being afraid.

"Always be inspired to overcome challenges."
— **Barbara Cooper**, on the message she hopes readers take from *Don't Be Frightened*

Cooper drew directly on personal experience and an intimate knowledge of the settings that shape the novel, lending the story a grounded and authentic edge. *"I wanted readers to feel how real this could be,"* Cooper explains of the novel's origins, noting that the story took shape from a lifetime of lived experience she has channeled into storytelling.

ABOUT THE AUTHOR

Barbara Cooper is a creative artist and writer with a lifelong love of horses and dogs. ***Don't Be Frightened*** marks her debut into psychological suspense, inspired by a lifetime of experiences that she has channeled into storytelling.

Through her writing, Cooper seeks to transform difficult experiences into stories that encourage readers to confront challenges, find courage, and reclaim their own narratives. With *Don't Be Frightened*, she delivers a suspenseful and emotionally grounded story that explores the lasting impact of abuse while emphasizing the strength it takes to overcome fear.

Amazon Link: https://www.amazon.com/Dont-Be-Frightened-Barbara-Cooper-ebook/dp/B0HHGB8NTM/ref

Barbara Cooper Featured on The Spotlight Network

Adding to the book's growing exposure, **Barbara Cooper recently appeared on *The Spotlight Network* with international host Logan Crawford**, where she shared insights into *Don't Be Frightened*, the inspiration behind the story, and the powerful themes of survival, courage, and overcoming fear.

The international interview provided Cooper with an opportunity to introduce her work to a broader audience and discuss the personal experiences that helped shape her debut psychological thriller.

The Spotlight Network on Don't Be Frightened by Barbara Cooper on YouTube:

https://www.youtube.com/watch?v=J1ipzZiVH-w



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