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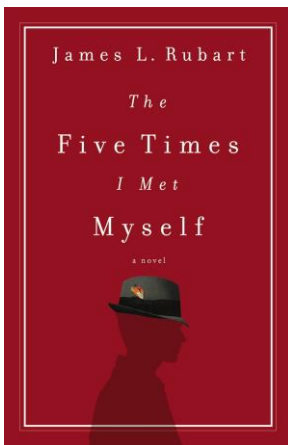


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PRESS RELEASE

What would you challenge your younger self to do differently?

James L. Rubart explores the desire to change the past and the possibilities for redeeming the future



Seattle: What if you met your 23-year-old self in a dream? What would you say? No matter how young or how old, there's a part of us all that wishes we could go back and tell ourselves what we should have done differently. It's a desire award-winning author James L. Rubart explores in his new novel, ***The Five Times I Met Myself*** (Thomas Nelson/November 10, 2015/ISBN: 978-1401686116/\$15.99).

Rubart's strength of teaching life lessons within the context of story shines in this new release that will appeal to fans of Andy Andrews and Mitch Albom. The author introduces readers to Brock Matthews, whose once-promising life is now unraveling. There is tension in nearly every one of his relationships, and with his son soon leaving for college he's forced to confront the gaping gulf that lies between him and his wife. His successful company, where he's found so much of his sense of identity and fulfillment, is suddenly on the rocks. He's at a loss for how to deal with the pressures he's facing, when one night he encounters himself as a young adult in a vivid dream. When he learns he might be able to change his past mistakes, he jumps at the chance but soon finds that while the results are astonishing, they're also disturbing. For Brock, getting what he wants most in the world will force him to give up the one thing he doesn't know how to let go.

In *The Five Times I Met Myself* Rubart examines the role of dreams in our lives and raises the question of whether or not they're sometimes much more than just our subconscious minds working out the events of the day. Pointing to Scripture that shows God uses dreams to speak to his people and even shape significant events, Rubart admits he takes his own quite seriously. "In the Old Testament Joseph had dreams that changed all of Egypt," Rubart explains. "I believe God is still using dreams to change the lives of his children."

While we do not get the opportunity to change our past through a dream, Rubart believes redemption, restoration, and freedom can still come for our past choices and regrets. *The Five Times I Met Myself* encourages readers to ask themselves difficult questions about their choices and where their future is headed, while affirming that change and, ultimately, redemption are available to all, despite regrets and mistakes.

Andy Andrews, the *New York Times* bestselling author of *The Noticer* and *The Traveler's Gift*, has described *The Five Times I Met Myself* as life-changing. Rubart reveals that was precisely his hope when he sat down to write. "I don't think it's ever too late to start living with freedom. I don't think there's any brokenness God can't breathe healing and life into. I've had people say my books are not fluffy reading, but that they stick with people months and years afterward. I hope that's true. I want my stories to seep into people's minds and, more importantly, their hearts and help them step into greater freedom."

For more information about *The Five Times I Met Myself* and James L. Rubart, visit www.jamesrubart.com. You can also follow him on [Facebook](#) ([JamesLRubart](#)) or [Twitter](#) ([@jamesrubart](#)).

Advanced Praise

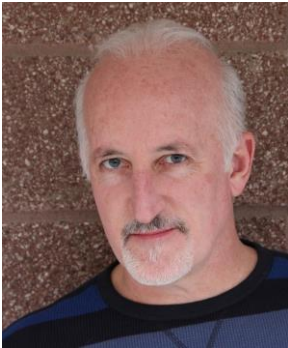
"If you think fiction can't change your life and challenge you to be a better person, you need to read *The Five Times I Met Myself*."

~ Andy Andrews, *New York Times* bestselling author of *How Do You Kill 11 Million People*, *The Noticer* and *The Traveler's Gift*

"A powerfully redemptive story with twists and turns that had me glued to every page. With a compelling message for anyone who longs to relive their past, *The Five Times I Met Myself* is another James L. Rubart masterpiece."

~ Susan May Warren, bestselling author of the Christiansen Family series

About the Author



James L. Rubart has a B.A. in broadcast journalism from the University of Washington and spent his early career working both on-air and in radio sales. For more than 20 years he has also owned and operated his own marketing company.

Ever since he was a little boy, Rubart dreamed of writing novels but didn't begin his journey as an author until 2002. Since then, he has become a bestselling and Christy award-winning author of seven novels, including *Rooms*, *Soul's Gate* and his most recent, *The Five Times I Met Myself*. Rubart is also a professional speaker.

Rubart says he feels like a 28-year-old trapped in an older man's body and still thinks he's young enough to water ski like a madman and dirt bike with his two grown sons.

Rubart has spent his whole life in the Pacific Northwest and now lives with his amazing wife on a small lake in eastern Washington.

For more information about *The Five Times I Met Myself* and James L. Rubart, visit www.jamesrubart.com. You can also follow him on [Facebook \(JamesLRubart\)](#) or [Twitter \(@jamesrubart\)](#).

Suggested Interview Questions

- *The Five Times I Met Myself* explores the main character's desire to go back in time and change certain decisions. Was the idea behind the book driven by any of your own regrets?
- What would you say to your younger self if you had the opportunity?
- Why did you choose to make dreams such a big part of this story? What is lucid dreaming?
- What does the Bible teach us about dreams?
- How seriously do you take your own dreams? Have you ever had a dream that changed your life?
- Much of Brock's validation in life has come from his work. Do you think that's common in this day and age?
- How will readers be able to relate to Brock's efforts to reconnect with his wife in midlife, after years of drifting apart?
- Has sibling rivalry ever been an issue in your family like in Brock's?
- Have you ever had an experience that completely altered your perspective on life?
- Is the kind of hope and restoration many are looking for possible without *actually* being able to go back and change something from the past?
- Your desire to become a writer was inspired by one of the greatest Christian thinkers in modern history. Tell us about that.
- What message do you hope readers to walk away with from *The Five Times I Met Myself*?

James L. Rubart is available for interviews to promote the release of *The Five Times I Met Myself*. To request a review copy, to schedule an interview or for more information, please contact Audra Jennings, audra@liffusegroup.com.

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