

James Lisbon: How long have you been a published (commercial) writer? Did you self published first? Why or why not?

Candice Dow: Caught in the Mix is my debut novel. I signed a two-book contract with Kensington in Aug. 2004. I didn't self-publish first. My plan was to attempt the traditional route. If that didn't work, I planned to self-publish. Miraculously, my first attempt led to Caught in the Mix being published by Kensington.

Lisbon: Can we attribute some of the decisions Devin made to his youth?

Candice Dow: Definitely. Devin was very confused. Confusion mixed with immaturity leads to bad choices.

Lisbon: You touch on the subject of bi-racial identities-Why did you not go deeper in terms of Devin's and Jennifer's relationship? Or was that not a factor in his "love" for her?

Candice Dow: It played a small role as to why he fell in love with her, but it wasn't the primary basis for their relationship. It was Jennifer's peaceful nature that was the major attraction. Her calm attitude was a diversion from Clark's feistiness and it was a welcomed pleasure for Devin.

Lisbon: Are there any social or communities organizations you belong to? If you could create an organization -what would it be?

Candice Dow: I'm a member of Alpha Kappa Alpha Sorority, Inc. If I were to create an organization, it would be an organization that helps at-risk teenage girls increase self-esteem and self-worth. I'd have professional women as mentors and develop educational/inspirational programs that would assist in the goal. The name would be, CANDYLAND, Motto - "Where we preserve sugar, spice and everything nice."

Lisbon: When did you discover that you "love to analyze love and relationships"?

Candice Dow: When I was about sixteen, which is when I started dating. Relationships have always intrigued me, including same-sex friendships & family relationships. I like to understand what makes people connect and/or disconnect.

Lisbon: Is this novel strictly imaginary or has some other people helped the story? i.e. friend's relationships?

Candice Dow: The majority of the story is imaginary. However, there are some events/scenes that were stolen from my relationships and friends' relationship.

Lisbon: What is your next novel about? Briefly+

Candice Dow: My next novel is titled, "Ain't No Sunshine". It's a story of a young lady named Laila's journey from bondage into freedom. She grows up in various foster homes with no connection to her biological family. Subsequently finding herself in the world of exotic dancing and abusive relationships. And finally discovers self-love and forgiveness through her own poetry.

"Caught In The Mix" is a roller coaster of emotion, trials, forgiveness and fighting for love. The characters, even with what we would think as hasty decision still leaves the readers rooting for both parties, despite the decision that are seemly not so wise. Candice Dow has really tapped into the market with a bang, adding a dash of intrigued with this novel.

James Lisbon, Founder & Publisher..AMAG.. For The Conscious Professional.