PRIDE MONTH FEATURE PITCH: HOW WRITING THE HOLLOW VALE SAVED MY LIFE: Queer Author Alexander Paul Burton on Mental Health, Masculinity, and the Power of Fantasy

Thursday 29 May, 2025

PRIDE MONTH FEATURE PITCH: HOW WRITING *THE HOLLOW VALE* SAVED MY LIFE

Queer Author Alexander Paul Burton on Mental Health, Masculinity, and the Power of Fantasy

For Men's Health, Mental Wellness & Pride Features

- **Writing as Healing**: Alexander Paul Burton opens up about estrangement from family, mental health struggles, and using storytelling as a form of psychological resilience.
- **Neurodivergent and Proud**: Living with focus and spelling challenges, he uses AI tools and alternative routines to stay productive — reframing tech as a support, not a crutch.
- **Emotional Fitness for Men**: Burton advocates for redefining masculinity through softness, vulnerability, and creative strength — a perspective inspired by his own journey.

What Is *The Hollow Vale*?

A queer fantasy novel set in a post-Roman Britain inspired by Burton's childhood in Somerset. It blends myth, memory, and mental health in a lyrical, character-driven story about grief, survival, and chosen family.

"I didn't write *The Hollow Vale* to be successful. I wrote it to stay alive."

Masculinity, Reimagined as a Gay Male

- No macho posturing — just quiet bravery.
- Characters cry, make mistakes, heal.
- Fantasy that lets boys and men feel deeply.
- Queer identity and male tenderness are front and centre.

Topics Journalists Can Explore

- How self-publishing gave Burton a voice after years of silence
- The link between estrangement, depression, and creative breakthrough
- What it means to be a neurodivergent man in a hyper-competitive industry
- How fantasy worlds can offer therapy without stigma
- The rituals and routines he uses to stay mentally well — from music to movement

Quotes to Pull

"Masculinity doesn't have to mean silence."

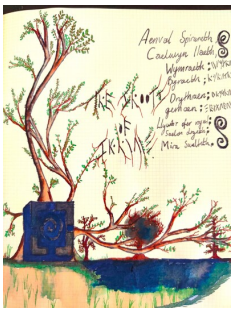
"There's no mental gym for young queer men — so I built one in a book."

"Focus, grief, shame, survival — *The Hollow Vale* is where I put it all."

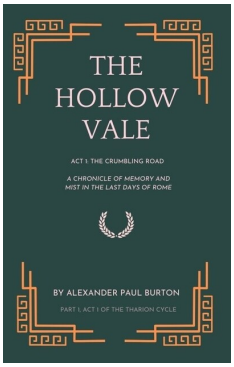
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“Self-publishing saved me. It gave me structure when nothing else did.”

“Being queer and neurodivergent doesn’t make you broken — it means you build things differently.”

Wellness Extras

- Burton has composed original music albums to accompany the book — soundscapes for meditation, emotional regulation, and focus.
- He’s launching a podcast called *Marketing For New Musicians: Stop Pissing Your Money Up the Wall*, discussing mental clarity, budgeting, and self-belief for creative men.

Interview Availability

Alexander now lives in Toronto and is available for interviews by Zoom or podcast, especially around:

- Male mental health
- Creative identity
- Writing as recovery
- Neurodivergence and masculinity
- Self-publishing as an act of self-worth



Related Sectors:

Health :: Men's Interest ::

Related Keywords:

The Hollow Vale :: Queer Fantasy Author :: Somerset Fantasy Book :: LGBTQ+ Pride Month Author :: Glastonbury Fiction :: Bridgwater Writer :: Crispin School Alumni ::

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