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Women's Bookshelf: The Triggering Scent

By Heidi Richards Mooney, Editor in Chief

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This week's featured book is *The Triggering Scent* – a Medical Thriller by Jenny White

About the Book:

The Triggering Scent is the debut novel of the Abbey Roberts series. Abbey Roberts is an RN who works in an ICU. She recovers from brain surgery and attempts to return to work. However, not only is she faced with now working with the neurosurgeon who botched her surgery last year, but she has to overcome the challenges she now has a new normal: fatigue, memory loss, loss of some executive functions and more.

About the Author:

Jenny White is a Canadian, retired RN, brain tumor surgery survivor, best selling author of medical thrillers, key note speaker on reinvention, and soon to be TV host of "Inside the Story: confidential" in partnership with The McCord List Network.

After waking from a coma, Jenny had to relearn how to walk, and talk. She did not recognize her husband of 20 years, and her memories were mostly gone. Through sheer determination, she regained her capabilities, and discovered that writing was a new passion: one she had never had before. Starting with a series of children's books, Jenny became an author, learning the craft by taking courses and then applying her knowledge of medicine through the lens of a nurse, and patient, into gripping medical thrillers. She shares her journey through key note inspirational speeches, and now has been offered a TV show to discuss elements of story telling.

This is her interview:

Tell us about your book. What inspired you

to write it?

I became inspired to write during my intense speech therapy rehabilitation. My speech therapist suggested I try writing simple words to see if I could. I soon realized that writing was exactly what I could do to communicate. In addition to communication, it gave me a way to express my emotions and frustrations. I then realized I needed to learn the craft of writing. I took online classes that I could do independently, working around my rehab schedule and my fatigue. As a result, I learned structure of fiction novels. I then took what I had learned and wrote about what I knew: medicine through the lens of a nurse, and being a patient recovering from trauma. I created a character, based on my experience as a patient, and put her back working in an environment that I loved: ICU trauma. My character named Abbey Roberts, was created and is now my brand for my series of Medical thriller books.

Who is this book written for, and what do you hope readers will gain from reading it?

The book is written for anyone who loves thrillers, medical thrillers, psychological thrillers. It is written with the intent to entertain, but also to raise issues in healthcare that society as a whole needs to understand and challenge. Such questions as Could this happen to me? Or does this really happen? Changes perception and dialogue. I try and incorporate issues such as violence in the workplace, short staffing, tight budgets, superbugs and more into the narrative. I've lived these experiences and they are real.

What was the most rewarding part of writing your book?

The journey of healing and doing something completely new and inspiring was the most rewarding part. The books have been getting good reviews, mainly in part I believe because in many ways they are true hidden stories. But healing was the main benefit for me. Through my character I healed myself, rewired my brain, and changed my mindset into what was possible.

What was the biggest challenge you faced while writing or publishing your book?

Learning and navigating the publishing industry. I ended up choosing to self publish, as I felt I didn't have the time or energy to keep pitching to find an agent—really a bit of a game. I chose to do what felt right for me—write, enjoy the process and play with outcomes.

What do you know now that you wish you'd known when you first began your writing journey?

My journey of reinvention into an author has been challenging. From a brain perspective, I still am recovering from difficult and challenging brain surgery that left me in a coma and challenged with speech and walking. Memories are still missing, although many are being triggered by writing. But I still have new depressive symptoms, challenges with migranes, challenges with fatigue and exhaustion that comes with brain surgery. I have to find ways to work around the challenges, and give myself permission to take time and heal. But more importantly, the

journey has been possible, from help, spiritual guidance and grace. I am blessed and share my story to provide others with HOPE and resilience.

How can our readers purchase your book and connect with you online?

www.jennywhite.ca www.speakerjennywhite.ca
facebook.com/authorjennywhite
Instagram.com/author.jennywhite

What's next for you?

I have been invited to be a host of a TV show in partnership with the McCord List Network. It will be called "Inside the story: confidential" and will begin in the Fall of 2026.

I choose to continue to write medical thrillers, as there are many stories to tell. I will continue to seek out opportunities for growth and to help others heal through trauma as my unique nursing background and experience as a brain tumor patient have given me insight and success.

Why was this the right time to write this book?

This was the correct time to write the books, because it was a central part of my recovery. Writing gave me self esteem. It helped rewire my brain to allow my speech center to work again. It brought me joy. It taught me to expand my knowledge base, learn something new, and never stop learning.

What advice would you give someone who wants to write their first book?

I would suggest that one learn the craft, and learn the publishing industry. By learning the craft of writing, you have a structure that you can follow. Once a good concept is clearly defined, I found the book pretty much wrote itself. Write about something you know—it's easier. It adds credibility. It adds depth. As your become emotional about the journey, so too will the reader. Connecting and helping the reader relate to what your talking about is the key to making your book memorable.

What does literary success mean to you?

Success to me is a willingness to get up even when you think you can't—to try, endure and be consistent. I went from being in a coma, literally on the edge of death, to finding resilience and will to live—to go beyond just healing, to reinventing myself and finding a new purpose. As a nurse, I served others. As an author and speaker, I continue to serve—by entertaining, by challenging assumptions, by raising issues, and by sharing my journey and HOPE for others who are trying to deal with trauma. Success isn't measured in dollars. It's measured in the will to keep going and the resilience one builds while learning and creating a new life.

What are you working on next?

I'm currently working on book 3 of the Abbey Roberts RN series: This story deals with issues around informed consents and body donation. And is called **The Final Consent**. Book 1 is **The Triggering Scent**. Book 2 deals with the realities of nursing homes and is called **Terror at the Manor**.

Learn more about the author at
www.jennywhite.ca

Get **The Triggering Scent** on Amazon