

Mithim

Carina McNally

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Mithim by Carina McNally is a haunting historical debut novel set in 17th-century Ireland, where healer and herbalist Mithim is forced into the wild after Cromwellian forces destroy her home. Armed with ancient wisdom and a deep connection to the land, she carves out a solitary existence in the Wexford forest, her herbal knowledge is both her sanctuary and her defiance.

Driven by a quest to find her brother, Eoin, Mithim navigates a world reshaped by conquest and violence, guided by the goddess An Cailleach and the sacred trees of Ireland.

Her journey is one of resilience, cultural survival, and the enduring power of feminine strength.

Exquisitely researched and richly imagined, *Mithim* is a meditation on cultural erasure, the resilience of feminine power, and the unbreakable bond between land and memory. It is a spellbinding exploration of Ireland's history and mythology, asking what endures when empires burn away the visible world, leaving only the sacred knowledge that cannot be stolen or destroyed.

A story of survival, *Mithim* is a testament to a woman who refuses to vanish and the ancient wisdom that persists even when all else is lost.

Carina McNally is a freelance journalist, playwright, historian and tour guide based on the Beara Peninsula, Co. Cork. Her short stories have appeared in *Cyphers Literary Magazine* and *Woman's Way*. *Mithim* is her debut historical novel.



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