



Once Upon a Blue Moon

Tamyra F. Bourgeois

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Suddenly single in the middle of her life, author, Tamyra Bourgeois learns to face the shock and pain of mid-life singlehood and negotiate the challenges of being man-less for the first time since high school. In deciding to journal her way through the most heart wrenching, triumphant and invigorating year of her life, Tamyra rediscovers happiness by rediscovering herself. She provides her readers with a navigational guide for the sometimes treacherous but often fulfilling journey of mid-life singlehood. Her memories instill a deep sense of optimism that life with or without a partner in our middle years can be the most fulfilling years ever. The author's memoirs are a must read for anyone who finds themselves single in the middle of their life, and for those who are experiencing 'empty nest' transitions as well. Above all else, Once Upon a Blue Moon reaches out and touches the heart of any adult, of any age wanting to learn to be happier and more comfortable in relationship with themselves.

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