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Stephanie Mason-Teague Begins *Empty Mess - Rediscovering Life After Kids* Book Tour

Ormond Beach, Florida - Ormond Beach local, blogger and author Stephanie Mason-Teague (emptymess.com) is kicking off a local book tour for her new release, *Empty Mess - Rediscovering Life After Kids*.[®]

Recognizing the emotional challenges and opportunities the “Empty Nest” phase brings, Mason-Teague founded EmptyMess.com - a community where the mother of two shares experiences, connects with others, and offers guidance on navigating this new chapter in life. Through the weekly stories, her DIY video series "Things I Forgot to Teach My Kids," and various speaking engagements, the author’s aim is to inspire others to choose happiness and make this phase of life a time to shine.

“... With a lot of laughter and a few tears, I wrote the stories in this book. They helped me remember the happy times, the crazy times ... they got me laughing again, and most of all ... they helped me move on. I hope they can do the same for you,” states Ms. Mason-Teague on the *Empty Mess - Rediscovering Life After Kids*[®] book cover. “I’m so excited to be at this part of the journey, and hope I can lend some laughter and camaraderie for those who are just embarking or those who are well on their way!”

A storyteller at heart, Ms. Mason-Teague’s journey brought her to Florida, where she followed her dreams at Embry-Riddle Aeronautical University (ERAU). Her passion for flying opened doors to unexpected adventures, including meeting and marrying her husband and starting a lifelong journey of love and learning. This, in turn, led her to the world of film and television. She hosted the popular DIY series "House to Home" on PBS and took a significant role in rejuvenating the Daytona Beach Film Festival. Her commitment to the arts didn't stop there; the Cinematique Theater founder later ventured into leadership roles at prestigious institutions like the Smithsonian Affiliated Museum of Arts & Sciences (MOAS) and the Ormond Memorial Art Museum & Gardens (OMAM).

Stephanie Mason-Teague and *Empty Mess* are touring and hosting readings throughout Florida. Contact her today to set up a time to feature her in your location! stephanie@emptymess.com

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EmptyMess.com - Welcome to my Empty Mess! Why didn't anyone tell me this empty nest thing would be so hard? I had spent years pouring all my energy and attention into being the best mom on the planet, as if it were some kind of competition. And then suddenly the race was over, and I was struggling to find my purpose. I knew I had to do something. With a lot of laughter and a few tears, I wrote the stories in this book. They helped me remember the happy times, the crazy times ... they got me laughing again, and most of all ... they helped me move on. I hope they can do the same for you.