

Contact: Rene Bell Adams  
RBA Advertising  
rene@rbaadvertise.com  
*For Immediate Release*



**What People are Saying about Stephanie Mason-Teague's  
*Empty Mess - Rediscovering Life After Kids***

“I was surprised at how much emotion the stories invoked in me. I was laughing out loud and brought to tears as I thought about raising my own kids ...”. - *Vicki A., Empty Messer Mother of Six*

“The stories are thoughtful, reflective and humorous - truly entertaining”. - *Tara M., Empty Messer Mother of Three*

“This book is a wonderful compilation of short stories that are interesting, funny and educational. They provide a truly needed inspirational account of reflection and self-renewal. Great book to sit down with a nice cup of tea or coffee and laugh, cry and think about transformation! Great job Mrs. Mason Teague and hats off to a funny, supportive husband, kind, successful children and your amazing career!!” - *Dr. Andria K., Empty Messer Mother of Two*

*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](mailto:stephanie@emptymess.com)

[EmptyMess.com](http://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.