



Unstuck In Provence: The courage to start over

Carolyn Tate

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Unstuck in Provence -The Courage to Start Over – a memoir

At the age of 46, after years of single-motherhood and the unbearable feeling that life is going nowhere, Carolyn decides to get radically unstuck.

After selling her home, giving away most of her belongings, putting her flagging business on hold and ending a destructive love affair, she takes her 12-year-old son, Billy, to live in Aix en Provence, France. Carolyn's very raw and real daily diary entries reveal how she goes about healing herself and recovering her spirituality, creativity and self-love. The pages also explore her, at times, tense but tender relationship with Billy, a boy on the cusp of becoming a teenager.

If you've ever needed the inspiration or the courage to get unstuck – to shake off whatever it is in your life that's preventing you from being the woman you were destined to be – Unstuck in Provence is for you.

About Carolyn: Carolyn is a businesswoman, activist, author, blogger, speaker and intrepid traveller. She has published two books – Small Business Big Brand, and Marketing your Small Business for Dummies. Follow Carolyn at carolyntate.co and unstuckinprovence.com

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