

## PAUSE

A novel by Sara Stamey, Women's Fiction

Lindsey Friedland, former river-rafting guide and avid outdoorswoman, has hit the worst stretch of water she's ever faced: divorce from an abuser, breast cancer, menopause symptoms that her friends seem to have paddled serenely by. Lindsey needs to get her spark back.

Dear Diary, Disastrous blind dates so far: The walking cologne bottle. The “really want a gal to give me babies” guy. Grabby-hands-man... Will Lindsey make it past the rocky shoals of family upheavals, job crises, sexism, and ageism... not to mention toxic love traps? Does happily ever after now mean settling for occasional (but hot!) sex with Mr. Maybe? Can she reclaim her environmental journalism dream? “A must-read novel about friendship, love, and killer hot flashes.” - Mindy Klasky

### First Place, Somerset Award, Women's Fiction

“Stamey’s lovely, inspiring, often funny novel... will touch the hearts of readers.... Stamey’s achievement is the realistic, down-to-earth, eminently relatable Lindsey and all she offers contemporary readers.”

--*Publishers Weekly Booklife*

“Sara Stamey’s novel PAUSE—whose heroine is a feisty, determined, middle-aged woman endeavoring to restart her love life and a career in journalism—is filled with lyrical prose and pure, thought-provoking joy.”

--*IndieReader* review, 5 stars

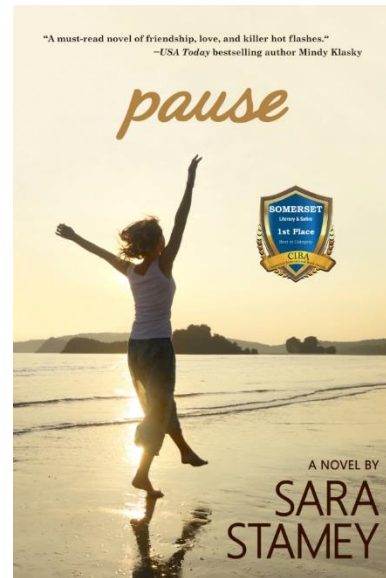
“Lindsey’s banter with her best friends as well as her complex family dynamics feel extremely realistic.... Lindsey herself is an appealing and capable hero, both intelligent and relatable. A solid, engaging tale about the importance of self-knowledge.”

--*Kirkus Reviews*



*Sara Stamey is the author of six published novels. Her journeys include treasure hunting and teaching scuba in the Caribbean;*

*backpacking Greece and New Zealand; operating a nuclear reactor; and owning a farm in Southern Chile. Now returned to her native Pacific Northwest, she taught creative writing at Western Washington University. A lifelong outdoors enthusiast, she shares her creekside land with wild creatures and her cat, dog, and paleontologist husband Thor Hansen.*



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