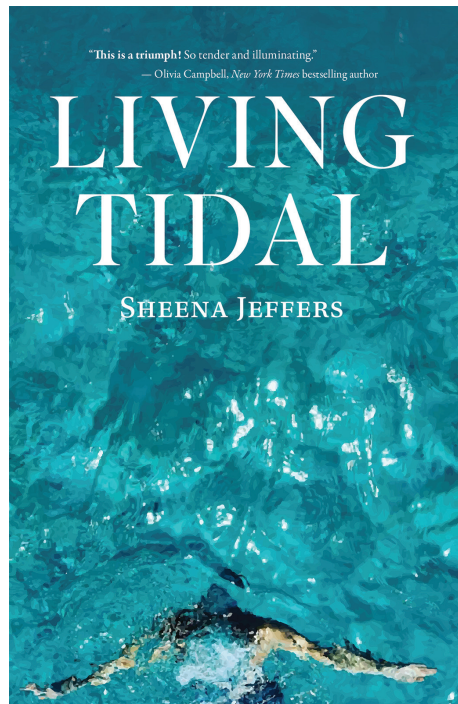


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LIVING TIDAL

SHEENA JEFFERS

On a frigid November night at high tide, a young woman unties the dock lines and watches the land recede as the sailboat she's standing on floats out to sea. She has a jacket, a scarf, and a deep need to reinvent herself. *Living Tidal* is part adventure, part love story: a coming-of-age memoir that captures the hearts and minds of readers with each page. Journalist Sheena Jeffers addresses the curiosity, self-doubt, and the desire we all have to deeply experience the world as we embark on the lifelong journey to know ourselves.

About the Author



Sheena Jeffers, MSED, is a writer, mother, certified wellness coach, doula, and yoga and dance instructor from Virginia. Her work has appeared in the *Richmond Times-Dispatch*, the *Washington Examiner*, *Waterborne Magazine*, the *Scuttlebutt Sailing News*, and the anthology, *Facing Fear Head On: True Stories from Women on the Water*.

She has been featured on *TODAY.com*, the *Inspired Women Podcast*, the *Roanoke Times*, and in 2016 she was awarded "Millennial on the Move" by *CoVaBiz Mag*. During her travels, she was the host of podcasts *Breathe Full* and *Seas Life for Good*, as well as the producer of a sailing YouTube channel that gathered over ten thousand engaged followers.

Today, Sheena is loving her full days as a mother living by a river, who keeps her lifelong flame for ballet and contemporary dance ablaze, and who, in times of trouble, always remembers to consult the moon.

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