

AS MILLIONS OF STUDENTS GRADUATE, PARENTS ARE ASKING WHAT'S NEXT?

Compelling Debut Novel Entertains While Addressing Empty Nest Syndrome

Tucson, AZ (July 18, 2018) - Mel Greenberg's debut novel, *Running With Our Eyes Closed*, is a love story about a couple experiencing empty nest syndrome. With the increased awareness in mental health issues, the book provides resources for parents going through this dramatic change.

"Four years ago I became an empty nester," said author Mel Greenberg. "My full time job walked out the door and I struggled to find my voice and direction. I discovered that I was not alone, and it wasn't only a female issue. Fathers also struggle with their new roles and feelings.

Dr. Sana Barada, psychologist and addiction specialist, agrees. "Some women believe that their failure to achieve happiness and success is because they think that, by raising kids and staying next to them until they become independent, they are missing so much in real life."

Running With Our Eyes Closed is the story of Dallas socialite Samantha, and her husband Michael. With three children now living on their own, she's prepared to leave her life behind. Michael has secrets and his own agenda that could change their lives forever. Nothing is quite what they'd imagined it to be. Over seven days in Italy, they attempt to define their new roles as a couple and as individuals.

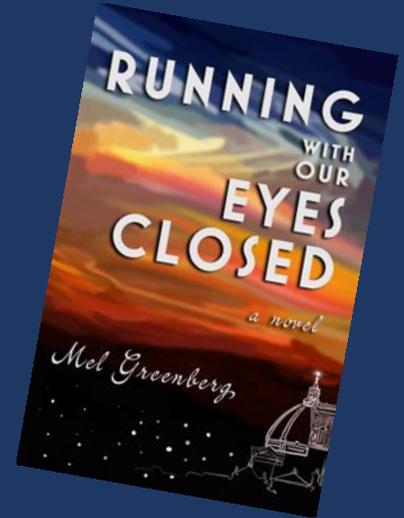
The book will be available today, and a sneak preview is available on the website. Readers are already praising it. Chris Soldo, award-winning producer and director, said, "Ms. Greenberg takes the 'where do we go from here' life dilemma and sets it in a sexy, contemporary setting with characters who are heartbreaking, inspiring, and thoroughly relatable." A portion of proceeds from the book sales will be donated to mental health and wellness charities.

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Visit <http://melmediallc.com/news-events/> for contact details, review copies, photos, and author bio.

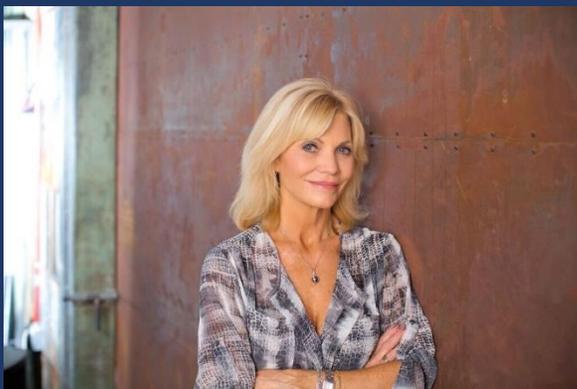
"Running With Our Eyes Closed"

The debut novel from Mel Greenberg



Dallas socialite Samantha spends a week in Italy, prepared to leave the last twenty-five years of her life behind. Both Samantha and her husband Michael have struggled as empty nesters. Deeply conflicted, with three children now living on their own, Samantha is unsure about what her future will look like.

Michael, she soon discovers, has secrets and an agenda of his own that could change their lives forever. Life has had its way with them and nothing is quite what they'd imagined it to be. Over seven days in one of the most romantic countries in the world they attempt to define their new roles as a couple and as individuals. What becomes of a family when the children leave and the only thing holding them together are memories?



Mel Greenberg is the married mother of two sons in their early twenties. She worked as a copywriter and producer in radio and television before having children and making the decision to stay at home with them full-time.

Four years ago she became an empty nester, and she struggled to find her voice and direction. Ultimately, it was her passion for writing and the discovery that she was not alone that led her to write "Running With Our Eyes Closed." It is the first installment of a series exploring her characters' struggle to redefine their lives as empty nesters.

When she's not visiting her boys, and traveling the world, Mel enjoys life in the Southwest with her husband Dean, her beloved English Bulldog Bruno, and German Shepherd Grazia.

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