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### Starstyle®-Be the Star You Are!®

Wednesday at 4 PM Pacific

June 24th 2020: The Same Moon, Mental Health with Covid-19, Polio & Covid-19

Sometimes you have to run far, far away to find your way home. Recently wed—and quickly divorced—twenty-four-year-old Sarah Coomber escapes the disappointments of her Minnesota life for a job teaching English in Japan. What she finds when she gets there is far from what she expected, but it just might be exactly what she needs. Cynthia Brian interviews Sarah about her memoir, *The Same Moon*. Many of us have sheltered-in-place for more than three months. People are dealing with social isolation, anxiety about health, and financial worries. What have been the mental and emotional effects of I

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### Featured Guest



#### Sarah Coomber

Sarah Coomber grew up on the Minnesota/North Dakota border, where she was fascinated by the stories of local refugees, international students and her grandfather, who spent years in Tanzania. She writes of her own cross-cultural adventures, including *The Same Moon*, her memoir of Japan. She also has shared the stories of hundreds of other people in her work as a newspaper reporter, public relations professional and science writer. Sarah earned her MA in mass communication from the University of Minnesota and MFA in creative nonfiction from Eastern Washington University. She has taught English in Japan and writing at the college level, and currently teaches yoga, integrating prayer, medita

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