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How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over [Theo Pauline Nestor] on Amazon.com. \*FREE\* shipping on qualifying offers. "I feel like I've joined an enormous club, something like the Veterans of Foreign Wars. We are weary with battle fatigue and sometimes even gripped by nostalgia for the good old By Theo Pauline Nestor. When you divorce as a forty-two-year-old mother of two, you can almost see the trajectory of your dating life stretching out before you, as solid and real as your seven-year-old car and your century-old house. I coach writers working on memoirs, nonfiction book proposals, MFA program applications, and personal essays on an one-time or ongoing basis depending on the needs of the individual writer. Hugo House: your best source for fun, rigorous writing classes in Seattle. Find classes in fiction, poetry, memoir, and more for writers of all levels.