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Seeking an Expat Adventure? Memoir Showcases an American Teacher's Plight Living and Teaching in India.

SUPERIOR, COLORADO, December 4, 2012 – To serve as a resource and a guide to help others overcome the challenges of living outside their comfort zone, [Sandra Bornstein](#) wrote [May This Be the Best Year of Your Life: A Memoir](#). When her husband accepted a job that required extensive international travel, the author was living her version of the American dream in Colorado, never imagining she would be faced with a series of dilemmas that left her feeling uncertain. The most daunting prospect was the notion that she would pursue a career in India.

After making several life altering decisions, she found herself alone in a three-hundred-square-foot dorm room at a renowned international boarding school in Bangalore, India. Bornstein describes her culture shock and shares what it was like being a middle-aged American woman teaching 5th grade and traveling throughout the country. "My life in India was enriched by the places I visited and the people I met," Bornstein says. "I am indebted to the students in 5C, who made me proud to be a teacher."

Her wild and unpredictable journey will keep readers turning the pages of [May This Be the Best Year of Your life: a Memoir](#) as she explores several topics:

- Getting "off the fence" by making tough choices
- Willingness to think "out of the box" and participate in an adventure
- Adjusting to a foreign situation
- Family values vs. career goals
- American education vs. international education
- American health care vs. Third World health care
- How faith can provide an internal compass

[Sandra Bornstein](#) is a licensed Colorado teacher with a Linguistically Diverse Education K-12 endorsement and two masters' degrees- one in education and the other in Jewish Studies. She has taught K-12 and college-level students in both the private and public sectors in the United States and abroad. Married to Ira, a lawyer, she has four adult sons and currently lives in Colorado.

For more information, press kit, and book excerpts visit www.sandrabornein.com

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