



AUTHOR MEDIA KIT



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THE OCEAN IN OUR BLOOD

AUTHOR BIOGRAPHY

Tara Pyfrom (she/her) is an author and freelance writer born and raised as an island girl in the beautiful Bahamas. For 15 years, Tara worked in the Bahamas in Office Administration. She was fond of colourful descriptions and began writing poetry and short stories as a child. In 2019, Tara and her family immigrated to Canada, sight unseen. She attended New Brunswick Community College from 2020-2022 and graduated Valedictorian in 2022. She has been featured in popular podcasts. Her article publications include CBC News, Unilad, Gay Parent Magazine, and Canadian Immigrant Magazine. Tara lives in New Brunswick, Canada, with her wife, daughter, and three dachshunds. When not writing, she can be found plotting her next far-off travel adventure with her family.

PODCASTS

- A dozen guest appearances
- Focused on mental health, survival stories, and parenting

ARTICLES

- CBC News
- Gay Parent Magazine
- UNILAD

BOOK DETAILS

Publisher

- AOS Publishing

Publication date

- October 3, 2024

ISBN

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Page length

- 348

Pre-Order Link

- www.aospublishing.com/tara-pyfrom

Amazon Link

- Available on July 10, 2025



GROWING MEDIA REACH



100
followers



180
followers



785
followers



2,800
views per month

THE STORY

A TRUE SURVIVAL TALE

The Pyfrom family—Tara, Catherine, their daughter Hazel, and five dogs—face Hurricane Dorian, a devastating Category 5 storm in the Bahamas. Trapped in their attic as storm surge floods their home and 185-mph winds rage, they cling to hope in the chaos. In the aftermath, they endure displacement, loss, and the challenges of recovery, from PTSD to relocation. Amid the trauma, they discover the resilience of family and the healing power of their unbreakable spirit.



THE AUDIENCE

A WIDE RANGE OF READERS

This book is perfect for readers drawn to powerful stories of resilience, survival, and the human spirit. It's ideal for those navigating trauma, mental health challenges, or displacement, as well as anyone inspired by family bonds and the journey of healing. Fans of memoirs set against dramatic natural disasters will find this story both harrowing and hopeful.

Skilled & Experienced

MEDIA COVERAGE

Tara Pyfrom is a skilled and engaging speaker with extensive experience in interviews, including a dozen podcast appearances where her warmth and authenticity shine through. Passionate about sharing her story, she is committed to bringing *The Ocean in Our Blood* to audiences worldwide, offering hope, resilience, and inspiration through her journey.