

DIARY OF A GERMAPHOBE



Brigette Gayden

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GERMAPHOBE**
Obsessed with a Healthier World

DIARY OF A GERMAPHOBE: Obsessed With a Healthier World by Brigette Gayden deftly melds the diary musings of a young woman struggling to come to terms with her growing germaphobia with the wisdom she's learned from her experiences.

Her musings are laced with an instinctive mother-wit that is sure to resonate with her readers.

"This has been a journey for me," she said. "I had no idea that I'd end up working in the ER or owning a preschool. There are a lot of germs in both settings. But what really gets to me is the general disregard of germs among most folks. It really sent me to a bad place. I'm working on it. My diary entries have been therapeutic. And maybe my writing will help someone else."

At its essence, ***DIARY OF A GERMAPHOBE***, is an intimate portrait of a woman's struggle with her fears and her quest to help others recognize the dangers around us.

Brigette Gayden is a registered nurse, accomplished actor, and business owner in the Greater Memphis area.

She is a Magna Cum Laude graduate of Austin Peay State University and a proud member of Delta Sigma Theta Sorority, Inc. *Diary Of A Germaphobe* is the first in her trilogy of diary explorations.

