

An Inspirational Memoir of a Latin Jazz Singer and Mental Health Therapist

From the thrill of the stage to the quiet strength of the counseling room, Adela's life is a testament to resilience, reinvention, and the power of second chances. A world-traveling vocalist turned therapist, she's faced heartbreak, rediscovered love, and returned to music with renewed purpose.

Told with honesty, humor, and heart, this memoir follows her traveling journey from spotlight to self-discovery, from loss to a life reimagined. For anyone navigating change or wondering if it's too late to chase a dream, this is your invitation to begin again—one stage at a time.

Whether you're stepping into the lights or into a new season of life, each moment holds the power to heal, grow, and find joy. Whatever life brings, on or off the stage—the show must go on.



ADELA DALTO MORAUX, M.A., MHC, is a mental health counselor, author, and Latin Jazz vocalist who has performed worldwide and released four music CDs. She is the creator of *MujeresLatinas.com* and author of *The Young Woman's Empowerment Journal*, both aimed at inspiring and supporting young women. She now blends both fields through performance and workshops that promote healing through creativity.

Mujeres Latinas

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EMBRACING LIFE ONE STAGE AT A TIME

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