

# C Ingrid Deringer, Author

## About Ingrid Deringer

Charlotte Ingrid Deringer was born into a large family in Saskatchewan, Canada and has lived all across the country, on the east coast, west coast and everywhere in between.

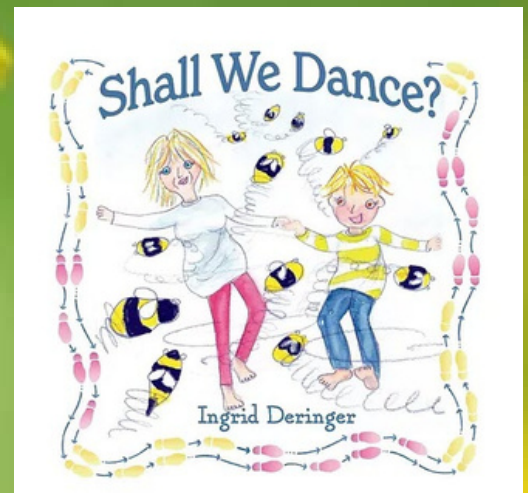
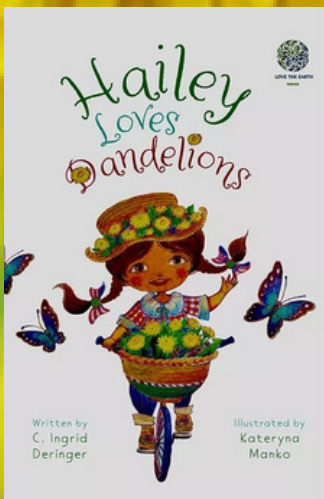
Her family's love of music, dance and practical jokes left a tremendous impression on her, but it was her voracious appetite for adventure that has driven her to experience life to the fullest. She was in her 50s when her creative passions ignited, fueling her desire to write fiction.

Ingrid holds a BA in Psychology, an MA in Women's Studies and is also an Acupuncturist, Shiatsu Therapist, a Life Cycle Celebrant and a Meditation Teacher. She has worked in the health and wellness field, specializing in the treatment of chronic pain and chronic illness for over 25 years.

Now semi-retired, Ingrid loves to hang out with her grandchildren and spend winters in warm climates with her feet in the sand where she can write to her heart's content.



## Books by Ingrid Deringer



<https://www.ingridderinger.com/>