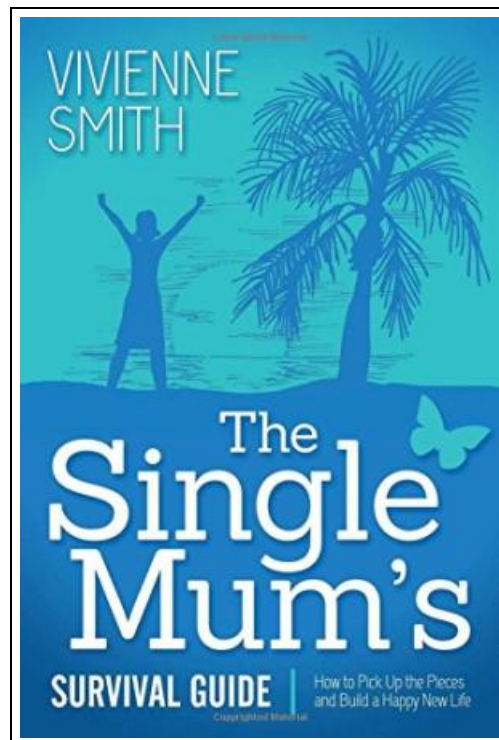


The Single Mum s Survival Guide: How to Pick Up the Pieces and Build a Happy New Life



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THE SINGLE MUM S SURVIVAL GUIDE: HOW TO PICK UP THE PIECES AND BUILD A HAPPY NEW LIFE



Morgan James Publishing, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Once upon a time I was perfectly happy--complacent even. But then my world came crashing down and I was suddenly a single mum of two small children, losing sleep over how to pay the bills. The things I learned allowed me to retain my sanity, self-esteem, and sense of humour and to help my children get through the experience. I discovered how to release the traumatic experiences and emotions that were holding me back and find more fun, fulfillment, and balance in my life (not to mention my lovely husband!) You can build a happy new life! Are you a stressed-out single mum, juggling childcare, work and home--and struggling to cope with all the emotional and practical demands on you? You re not alone! The Single Mum s Survival Guide is packed with words of inspiration, comfort, wisdom and experience from a host of real-life single mums and expert professionals to make life easier, help you on your way, and put your mind at rest with answers to questions such as: How do I tell the kids? How do I get over this split and move on? Why is my child behaving like this and what should I do about it? How will I feel when my kids meet his new girlfriend? How do I deal with all the legal stuff? How can I manage on this little money? How can I have more energy when I m so tired all the time? Is it OK to ask for help--and who can I ask? Can I ever forgive my ex? Can I really be single and happy? When is it time to start dating again--and how will I know if..



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