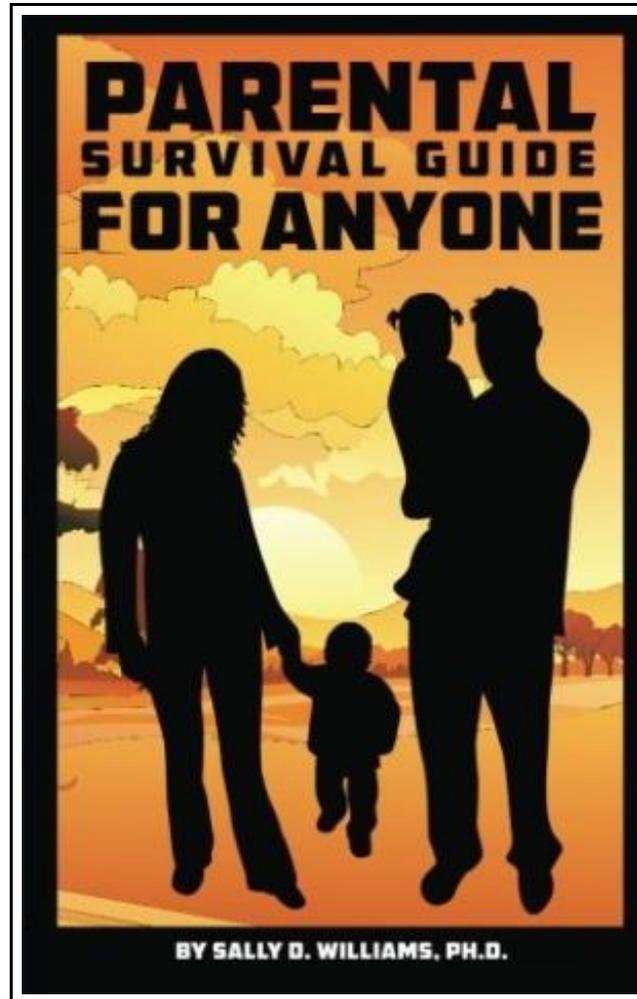


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you are a parent, whether married or single, male or female, and you have the majority of the responsibility for raising children, with little to no help from the other parent, then this book is for you! Each chapter starts with a story. The purpose of each story is to make the chapter relatable so that the reader can easily identify with the characters and their feelings. It s filled with survival tips that can help anyone understand they are not only a parent but an individual too. Parental Survival Guide for Anyone is designed to help the reader understand their strengths, and deal with single parenting challenges. It will provide practical solutions to becoming more efficient. Single parenting is harder for more reasons than just having children. It can contribute to the lack of work/life balance, depression, and much more. Educational psychologist and author Dr. Sally Williams shares her knowledge and personal experience about being the sole decision-maker and provider for children when married and single. Readers will be part of the conversation as Dr. Sally shares anecdotes and suggests ways parents can understand and appreciate their strengths while dealing with the challenges of raising children. Readers will learn how to: -Use the S.M.A.R.T.E.R. goals process to develop, implement and achieve goals -Understand strengths and limitations -Nurture self -Stop feeling guilty for taking time to enjoy life -Effectively manage time -Balance dating and love relationships -Develop ways to keep sexual intimacy going strong after children are born.



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