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A Mother Apart: How to Let Go of Guilt and Find Happiness Living Apart from Your Child

By Sarah Hart

Crown House Publishing. Paperback. Book Condition: new. BRAND NEW, A Mother Apart: How to Let Go of Guilt and Find Happiness Living Apart from Your Child, Sarah Hart, "A Mother Apart" has been written to relieve the isolation of the many women separated from their child who say, "I thought I was the only one". Moving beyond the stereotype of mothers who leave, "A Mother Apart" provides insight and practical support for women struggling with their feelings as they adjust and come to terms with living life apart from their child. However you came to live apart and whether you're a mother who has regular contact, very little contact or no contact at all with your child - this book provides insight and understanding approaches to help you manage complex situations and strong emotions, including how to: understand and free yourself from excessive guilt and other difficult feelings; grieve your loss and move on with an open heart; learn the art of big hearted mothering - deep love from afar, over time; find positive ways to integrate your life as a mother apart and independent woman; review and develop your relationship with your child; develop amicable relationships with your child's father,...



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Reviews

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