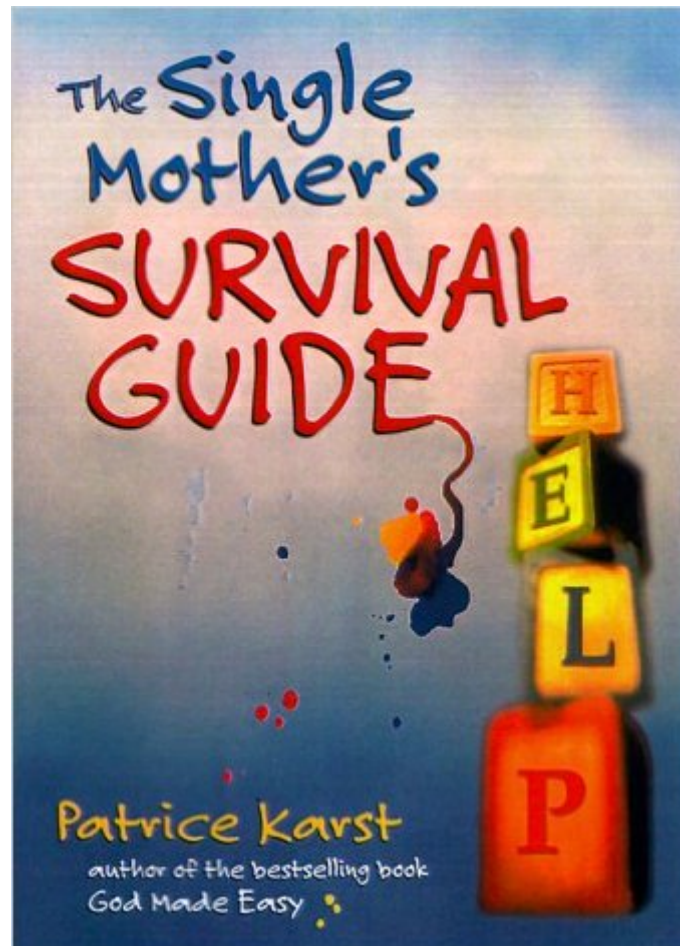


The book was found

The Single Mother's Survival Guide



Synopsis

In this engaging journey of self-discovery, Patrice Karst, a single mother, shares her practical yet witty advice with single moms everywhere. She covers a wide range of topics that concern the modern woman struggling without a mate, showing how it's possible not only to survive but to triumph. The book features dozens of quick "survival checklists" on topics such as dealing with exhaustion and reasons to be happy about being a single mom. Karst's "Ten Commandments for Single Mothers" begins with "Thou shalt not be afraid to ask for help from anyone at any time (because the offers sure as hell won't come in by themselves)." The Single Mother's Survival Guide also includes wisdom and inspiration for the single mother, touching on goals and dreams, affirmations, and gratitude.

Book Information

Paperback: 112 pages

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Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (74 customer reviews)

Best Sellers Rank: #147,957 in Books (See Top 100 in Books) #20 in Â Books > Parenting & Relationships > Parenting > Single Parents #172 in Â Books > Parenting & Relationships > Parenting > Parenting Girls #356 in Â Books > Parenting & Relationships > Family Relationships > Motherhood

Customer Reviews

As she invites her readers to in the back of her book, I wrote to Patrice Karst via email just to say thank you for writing the book, 'The Single Mother's Survival Guide'. It came into my hands just when I needed it most. I read the first few pages at my desk at work and started to cry a few tears of laughter and relief. Someone actually understands EXACTLY what it's like to be me! I am so glad she took the time to put these thoughts down on paper. There is nothing earth-shatteringly original in this book, but that's not the point of it. Being a single mom can be like a cold day in the rain, and this book is like a comforting mug of tea by a roaring fire with 'I Love Lucy' reruns on the TV. It's comforting, humorous, and very warm and affirming, and makes you smile and reminds you of who

you REALLY are, despite how the circumstances can make you feel. I do plan to buy a copy of my own, so I can jot in it. Specific things I liked about this book, which differ from other 'single mom' books I've seen: 1) Brevity and conciseness. Other single moms will understand perfectly when I say that the bathroom is the guilt-free sanctuary of the single mom, for five to ten minute sanity breaks. I always have an uplifting and humorous book stashed in a basket in there. I love the one-or-two page spreads that give one a quick uplift when there isn't time to read a chapter or two. Sometimes that's all one has time for or needs to break a train of negative thought and turn it around, or get a quick warm feeling to replace a cold one. 2) Humor, of course. There is NO way to accomplish this feat without it. 3) Warmth. Patrice's sincerity and understanding shine through and feel like a hug from a sister/best friend. 4) Positivity. It is a real challenge to remain positive in spite of everything, much of the time.

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