



Empty Nest Syndrome: How To Move Forward When Your Children Leave Home (When The Children Leave Home, Family, New Purpose, Family Life)

Samantha Write

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Empty Nest Syndrome And How To Move Forward

This book has actionable steps and strategies on how to recognize what you're feeling and how to move forwards.

I went through these confusing feelings myself when my own children flew the nest, so these are tried and tested tips and ideas of how to first of all recognize, and then learn to cope with this transition in your life. You can fill your life with new and exciting ventures whilst setting yourself goals that will mean there are no limits to what you can achieve

Here Is A Preview Of What You'll Learn...

- What is Empty Nest Syndrome?
- What to expect
- How to prepare for the changes
- How to cope with these feelings
- Be kind to yourself
- Accepting the timing
- Be kind to yourself
- Supporting your children
- Keeping in touch
- Use The 3-D's Strategy
- How to focus on the positives
- Shift to your own needs
- Much, much more!

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