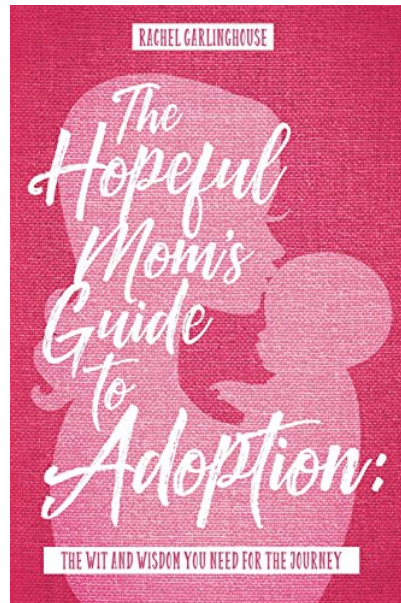


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Choosing to adopt can be overwhelming, rendering you anxious, hopeful, and confused. This no-holds-barred guide gives you the authentic offerings of Rachel Garlinghouse's ten-year (and counting) commitment to encouragement, education, ethics, and empathy. From the day you first consider adoption, through the homestudy process, the waiting, placement, and finalization, Rachel offers you both practical and heartfelt guidance, as well as self-reflective laugh-out-loud moments. You'll learn a lot, including: -if you're ready to adopt -Sandra Bullock and Angelina Jolie aren't your BFFs -the important questions to ask before choosing an adoption professional -contemporary adoption language (and why it matters) -why carb-loading is a healthy coping mechanism (and Hallmark movie viewing is not) -how to create a sincere adoption profile -the five magic words to shut down nosy people -what's most important in any adoption journey WHAT OTHERS ARE SAYING: Reading this book is like talking to an experienced friend -Jill Robbins, blogger at Ripped Jeans and Bifocals, and mom-by-adoption a blueprint for everything you need to know about adopting -Jordan Tate, mom-by-adoption and writer Rachel speaks to every step with humor and grace -Jill M. Murphy, author of Finding Motherhood, birth mother, and mom-by-adoption With candor, humor and a whole lot of heart, Rachel's book lays out an up-to-date blueprint for adoption -Michelle Madrid-Branch, adoptee, mom of three (two by adoption), author, and adoption advocate

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