



## The Single Mom and Her Rollercoaster Emotions

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By Pam Kanaly

Pelican Publishing Co, United States, 2014. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book. Single motherhood brings with it a unique set of emotional trials, and author Pam Kanaly understands these tribulations firsthand: she raised her two young children on her own after her marriage fell apart. Sustained by her faith in Christ, she began chronicling her journey as a single parent into a diary that one day would become the basis for her mission and this book. The message at the heart of her story is that she has shared with thousands of women is that emotionally stable children come from emotionally stable parents. She continues to spread that message through her ministry, filling each chapter with compassionate advice written with touching candor. Kanaly illustrates, step by step, the journey of how any mother can overcome what she identifies as the nine negative emotions by employing nine positive emotions of transformation. She labels those rollercoaster transitions as: devastation to acceptance, frazzled to unruffled, inadequacy to confidence, bitterness to forgiveness, loneliness to fellowship, temptation to discipline, fear to faith, guilt to grace, defeat to expectation of victory. Kanaly uses biblical teaching to inspire women and...



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