

Coping With Empty Nest When The Kids Clear Out

What exactly is the Empty Nest? It is typically the time when our children graduate from high school and either leave for college, join the military, or just move out to start their adult lives. Yes, they leave us! But it's all good, and we just need to know how to better navigate the mixed bag of emotions that this transition creates for us. Our goal for this book was to gather stories about how we as parents are dealing with, or have dealt with, the emotions of our Empty Nest experience. This book describes the Empty Nest and provides insight on how to deal with the emotions of being an empty nester from a life-coaching perspective, as well as guidance to those on the verge of entering the Empty Nest.

The empty nest stage of marriage is a phenomenon that exposes parents to new challenges as they change their status from parents living with children to aging parents living alone. Parents may experience feelings of loss, regret, anger, loneliness and many others. The main purpose of this study was to investigate the challenges and coping strategies of empty nest syndrome among couples as expressed by adults in Delta state. A multistage sampling method was used to select six hundred married adults from Delta state. The instrument used for the study was a researcher- developed questionnaire titled Challenges and Coping Strategies of the Empty Nest Syndrome Questionnaire (CCENSQ). The research was carried out with the view of finding out if variables such as gender, religion, number of children, length of marriage and educational background have any influence on the challenges and coping strategies of empty nest syndrome. The study revealed that the major challenges of the empty nest couples include missing the children, quietness of the home, loneliness etc while coping strategies include develop new hobbies, increase interaction with spouse etc.

This is not a book about a dog. I really do prefer my husband—honest. But it's hard to tell the story of our journey into the empty nest, and leave out one particular animal. Which kind of illustrates the problem. It is November 2009, and after mourning the loss of Arrow, their beloved Australian shepherd mutt, Susan and David Morse and family are finally ready to adopt a new dog. David's acting jobs keep him away from home for long stretches of time, the last two teenagers are on their way to college, and this time it's Susan's turn to pick the dog. She probably should have thought a little more carefully before falling for a retired racing greyhound. Enter Lilly, who lands like a disoriented neutron bomb in Susan's comfortable suburban home after living the first three years of her life in the rugged and ruthless world of the racetrack. Instantly lovable but hopelessly inept at domesticity, Lilly turns out to be more than Susan bargained for, throwing all Susan and David's plans for their long-anticipated, footloose empty-nest years into complete disarray. In The Dog Stays in the Picture, Susan Morse tells the hilarious and moving story of how an anxious dog and a high-strung woman find tranquility together.

**Saying goodbye to a child as they leave the nest and learn to fly ushers parents into an emotional time of grief, joy and nostalgia. Release My Grip, by popular blogger Kami Gilmour, offers inspiration and practical insight as she reveals the surprising truth she learned while knee-deep in this sacred season of parenthood. Often humorous and always honest and hope-filled, these stories have equipped and encouraged the hearts of millions on the popular SoulFeed blog. In this keepsake book, you'll discover how this time can be fertile ground for deepening your relationship with Jesus. You'll also gain the practical tools you need to help you pause, reflect, and capture the words on your heart during your own unique journey as a parent of a young adult fledgling—from high school graduation through the years that follow. With every chapter of Release My Grip, you'll find:
* Compelling reflection questions that draw you into the peace of God's presence and promise, gently shifting your focus from the loss you feel to the richness and hope of a new season that's just beginning.
* Relevant Scriptures to ponder—words that reveal God's heart, bringing relief and hope in the midst of wondering and worrying.
* Practical challenges that help you adjust to the rhythm of life's "new normal" and maintain meaningful connection with your young adult child.
* Journaling spaces that make it easy to capture your letting-go journey as it unfolds, making this book a treasured keepsake to reflect back upon.**

**Thirty million mothers between 40 and 60 years old are about to face childless households for the first time in decades. For some women, it is a lonely and confusing time; but for the vast majority, it's a journey of joy and discovery. Through intensive and wide-ranging original research, author Carin Rubenstein reveals how and why some mothers thrive and others do not. She breaks the post-motherhood launch down into three stages—grief, relief, and joy. If a woman makes it through to the final stage, friendships blossom, work thrives, and she develops a renewed sense of confidence and well-being. While in many instances, increased time together hastens the end of a struggling marriage, most women discover their relationships improve when children leave. BEYOND THE MOMMY YEARS offers fascinating research, helpful advice, and amusing anecdotes to the millions facing this uncertain but potentially enriching stage of life. "An encouraging counterargument to the idea that the empty nest leads to an empty life."—Library Journal
"Carin Rubenstein, PH.D., nails it: A woman worried about her post-car pool life should read this book."—Sally Koslow, mother of two sons in their twenties, and author of Little Pink Slips
"Beyond the Mommy Years bridges the knowledge void felt by so many moms after their children leave for college...A thoughtful discussion of the positive changes that lie ahead for mothers after our children are launched. While parenting never ends, this book provides moms with the tools to live a rich and full life."—Linda Perlman Gordon & Susan Morris Shaffer, co-authors of Mom, Can I Move Back in with You?**

Home Free

Moving the Needle Toward a Repurposed Life

How to Live Happily Ever After...After the Kids Leave Home

Grown and Flown

Letting Them Go

The Empty Nest Companion

The Dog Stays in the Picture

Home Free is an intimate, candid, reflective and comic memoir that focuses on this new and undefined stage of family life: the challenges of helping our kids navigate their twenties - while learning how to let go of them at the same time. Chicken Soup for the Soul Empty Nesters provides support during an emotional but exciting time for parents - sending their children off to college, new homes, or careers. A must read for empty nesters or soon-to-be empty nesters. Full of heartfelt stories about gazing at surprisingly clean bedrooms, starting new careers, rediscovering spouses, and handling the continuing, and often humorous, needs of children. Chicken Soup for the Soul: Empty Nesters will inspire, support, and amuse parents. They'll nod their heads, cry a little, and laugh a lot, as they read these oh-so-true stories. PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical exercises. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

Live your best life—even after your kids leave home When her children left for college, Melissa Shultz was certain that she had prepared them well for their new lives-but her own life was a different matter entirely. Her house was empty, her purpose unclear. If her life was no longer dominated by the day-to-day demands of being "Mom," then who exactly was she? And how would she ever move forward? From Mom to Me Again is the story of one woman's reinvention. Shultz's struggle with the empty nest and the transformation of her marriage, friendships, career, and ultimately herself, is part memoir and part self-help guide. Funny, poignant, and practical, this book tells Shultz's personal story and provides valuable advice for readers preparing to send their children off into the world. She shows women that while they'll always be mothers, it's time for them to take center stage in their own lives once again.

Scientific and supportive attitude most parents have regarding their 20-something children. Newly updated, The Empty Nest is an uplifting, practical and inspiring guide to adjusting to life after your children leave home. More than half a million parents confront the empty nest for the first time each year. It is one of the most challenging phases of parenting, often creating feelings of loss, lack of purpose and crisis of identity which can lead to depression. Yet it receives little recognition. And contrary to popular opinion it doesn't only affect women who've put their careers on hold: working mothers and fathers suffer too. Equally, it can be a period of liberation and discovery of new challenges, when marriages long overstressed by childcare can be rejuvenated. The Empty Nest includes case studies documenting a wide range of experiences of parents living through an empty nest; expert comment and advice; plenty of practical ideas, inspiration and tips. This encouraging, empowering books helps you to focus on the positive as well as how to handle the changing relationship with your children to ensure a fulfilling and good relationship going forward, an area of parenting often ignored. Adult children are often overlooked and forgotten when their parents divorce later in life, but in these pages they will find comfort and understanding for the many feelings, frustrations, and challenges they face. For more than two decades, a silent revolution has been occurring and creating a seismic shift in the American family and families in other countries. It has been unfolding without much comment, and its effects are being felt across three to four generations: more couples are divorcing later in life. Called the "gray divorce revolution," the cultural phenomenon describes couples who divorce after the age of 50. Overlooked in the issues that affect couples divorcing later in life are the adult children of divorcing parents. Their voices open this book, and they are the voices of men and women, 18 to 50 years old. Some of them are single; some are married. Some have children of their own. All of them are in different stages of shock, fear, and sudden, dramatic change. In Home Will Never Be the Same: A Guide for Adult Children of Gray Divorce, Carol Hughes and Bruce Fredenburg share their deep understanding gained during the innumerable hours they have spent with these women and men in their clinical practices. The result is a valuable resource for these too often forgotten adult children, many of whom find that, whenever they express their feelings and experiences, the most important people in their lives frequently ignore and dismiss them. As the divorce rate for older adults soars, so too does the number of adult children who are experiencing parental divorce. Yet, these adult children frequently say that they are the only ones who are aware of what they are going through, no one understands what they are experiencing, and they feel painfully alone.

In this encouraging book, Sheri McGregor helps parents of estranged adult children break free from emotional pain and move forward in their lives. With the latest research, her own experience, and insight from more than 9,000 parents, McGregor covers the growing trend of estranged adults from loving families. Devastated parents can be happy again. Hope and Help From One Mom's Heart to Another As you send your child off to college or to start their independent adult life, do you suddenly find yourself grieving the loss of your kid's childhood? Are you struggling to adjust to your shifting role and life in a quieter home? You are not alone. Bonnie Sparman has been where you are and is here to offer reassurance and encouragement. In this helpful guide to navigating your new reality, you will realize your continued value, albeit in a new way be inspired by Scripture verses and real-life stories know that grieving is a healthy part of this transition gain a better understanding of how to communicate with your child as an adult draw closer to God as you seek His will for what comes next As you release your child out into the world, know that God is here to guide, comfort, and care for you. You can do this.

From Mom to Me Again

Refeathering the Empty Nest

The Empty Nest

A Parent's Guide to Becoming Bilingual

Finding Fulfillment When Your Kids Leave Home

The Myth of the Empty Nest

Empty Nest, Single Parent

"Helping parents get ready for the day their child leaves home"—Provided by publisher.

Is anger eternal? Righteous? Reflections on the causes and consequences of an phenomenon critical to our intimate and public lives. From Aristotle to Martha Nussbaum, philosophers have explored the moral status of anger. We get angry for a reason: we feel wronged. That reason can be eternal, some argue, because not even an apology or promise that it won't happen again can change the fact of the original harm. Although there are pragmatic reasons for ceasing to be angry and moving on, is eternal anger moral? Is anger righteous? In this collection, contributors consider these and other questions about the causes and consequences of anger. Leading off the debate, philosopher Agnes Callard argues that anger is not righteous rage; it is not an effort to solve a problem. Instead, it reflects a cry for help—a recognition that something shared is broken. And only in acknowledging the value of that shared project, she argues, can we begin together to repair it. Anger, then, is a starting point. But could there ever be the end of anger? Bringing together today's leading thinkers on anger, this volume is critical to our intimate and public lives. Contributors Rachel Acts, Paul Bloom, Elizabeth Bruenig, Judith Butler, Agnes Callard, Daryl Cameron, Myisha Cherry, Barbara Herman, Desmond Jmgmohan, David Konstan, Oded Na'aman, Martha C. Nussbaum, Amy Oberding, Whitney Phillips, Jesse Prinz, Victoria Sprinz, Brandon M. Terry

Author Lianna Champ has nearly 40 years' experience in funeral care and bereavement counseling. She is passionate about improving our relationship with death and dying, teaching us that if we live well we can die well. This beautifully presented book is a gorgeous package that is both comforting and practical. Designed with the knowledge that most grieving people have a short attention span, the book clearly presents essential information and inspirational words to support and guide the reader through the challenges of bereavement in easily digestible chunks, with plenty of white space.

Handbook of Aging and the Social Sciences, Seventh Edition, provides extensive reviews and critical evaluations of research on the social aspects of aging. It also makes valuable references and identifies high-priority topics for future research. The book is organized into four parts. Part 1 reviews developments in the field of age and the life course (ALC) studies and presents guidelines on conducting cohort analysis. Part 2 covers the demographic aspects of aging; longevity trends; disability and aging; and stratification and inequality research. Part 3 includes chapters that examine socioeconomic position and racial/ethnic disparities in health at older ages; the role of social factors in the distribution, antecedents, and consequences of depression; and aspects of private wealth transfers and the changing nature of family gift-giving. Part 4 deals with pension reform in Europe; the political activities of older Americans; the future of retirement security; and gender differences in old age. The Handbook is intended for researchers, professional practitioners, and students in the field of aging. It can also serve as a basic reference tool for scholars, professionals, and others who are not presently engaged in research and practice directly focused on aging and the aged. Contains all the main areas of social science gerontological research in one volume Begins with a section on theory and methods Edited by one of the fathers of gerontology (Binstock) and contributors represent top scholars in gerontology

Wondering what to do now that the kids have flown the coop? Look no further than Turning Points for Empty Nesters, wherein answers to the questions and challenges now facing you reside. Fuel-for-the-journey chapters address issues such as redefining and rediscovering yourself, deliberate downsizing, dealing with depression, balancing new responsibilities, becoming part of the sandwich generation, living with a renewed purpose, and so much more. Filled with sage advice and practical, biblically-based guidance, this unique volume will help you devise a new flight pattern as you navigate your way through the rest of your fabulous life.

Discovering New Purpose, Passion, and Your Next Great Adventure

The Second Half of Marriage

Your Changing Family, Your New Direction

The House is Quiet. Now What?

Help and Healing for Mothers of Estranged Adult Children

Parenting Adult Children Without Losing Your Mind

Empty Nest, What's Next?

Many parents have demonstrated a desire to parent skillfully and artfully. They read the latest child development and parenting books, configure their schedules to accommodate the social and educational lives of their children, and focus like lasers on their childrens' well-being. Many have made an enormous emotional and financial investment in raising their children. But children grow up, they move out, they create their own lives and their own homes. The role of the parent changes, diminishes, and evolves. The life phase that begins in preparation for an "empty nest" and continues until parents re-feather the nest has no official name, yet it represents a profound shift from the rigors of daily parenting to a period of self-reflection and reorientation. Here, Wendy Aronson centers on that experience, capturing the realities of the emotions and life changes that come on gradually, and sometimes proceed in fits and starts. Refeathering the Empty Nest is for any parent preparing for the departure from home of their youngest child. It is for those who wish to move forward productively, both in their new parenting role and in their roles as spouse, employee, friend, neighbor, and self. Using real stories throughout, Aronson shows how people have managed these changes, how they've regained the passion in their marriages or moved on from bad matches, how they've rediscovered old interests and talents, and how they've reinvented their relationships with their children as well. These stories provide hope and guidance to anyone whose nest is about to empty as well as those whose nests already are.

When the empty nest comes together to amaze and challenge one another in this insightful, poignant new novel from acclaimed author Susan Kietzman. For years, Ellie, Alice, and Joan enjoyed a casual friendship while volunteering at their children's Connecticut high school. Now, with those children grown and gone to college, a local tragedy brings the three into contact again. But what begins as a catch-up lunch soon moves beyond small talk to the struggles of this next stage of life. Joan Howard has spent thirty years of marriage doing what's expected of Howard women: shopping, dressing well, and keeping a beautiful home. Unfulfilled, her boredom and emptiness eventually find a secret outlet at the local casino. Meanwhile, Ellie's efforts to expand her accounting business lead to a new friendship that clashes with her family's traditional worldview. And Alice, feeling increasingly distant from her husband, and alienated from her once fit body, takes up running again. But a terrifying ordeal shatters her confidence and spurs a decision that will affect all three women in different ways. Over the course of an eventful year, Ellie, Alice, and Joan will meet every other Wednesday to talk, plan—and find the freedom, and the courage, to redefine themselves. Praise for the novels of Susan Kietzman: "Beautifully written and closely observed...captures the deep and complicated love of family. Reading this lovely novel, I felt the embrace of summer on the shoreline." —New York Times bestselling author LuAnne Rice on The Summer Cottage "Readers will find themselves drawn into the tragedies and triumphs of this fictional family—distinct and yet utterly relatable." —Hartford Books Examiner on The Good Life

Almost every couple faces a "now what?" moment as their last kid moves out of the house. There's a big empty nest looming over the new home. David and Veronica James chose to look at this next phase of life as a beginning instead of an ending. Rather than staying put and facing the constant reminders of empty bedrooms and backseats, a plan began to develop to sell the nest and hit the highway. But could a homebody helicopter mom learn to go all on? Filled with a sense of adventure and humor, Going Gypsy is the story of a life after raising kids that is a celebration of new experiences. Pulling the rip cord on the daily grind, David and Veronica throw caution to the wind, quit their jobs, sell their house, put on their vagabond shoes, and go gypsy in a beat-up old RV found on eBay. On a journey of over ten thousand miles along the back roads of America (and a hysterical, error-infused side trip into Italy), they conquer old fears, see new sights, reestablish bonds with family and friends, and transform their relationships with their three grown children from parent-child to adult-to-adult. Most importantly, they rediscover in themselves the fun-loving youngsters who fell in love three decades prior.

Feeling like Mellor, the best-seller of The Three-Martin Playdate, comes this hilarious (and helpful) guide to recovering from getting those little angels into college and out of the house. Filled with unapologetically funny yet entirely sympathetic advice, Mellor answers important questions (Is \$200 an hour too much to spend for exam tutoring? Is moving to an apartment near campus ever an option?) and offers wise counsel on saying good-bye, getting kids to stay in touch (without begging), and coping when they come home to roost (which they will—for holidays, summer break, and possibly for years after graduation). Best of all, she inspires empty nesters to embrace their newfound freedom and enjoy their lives to the full.

A Guidebook for Parents Navigating the New Teen Years Learn about the "New Teen" and how to adjust your parenting approach. Kids are growing up with nearly unlimited access to social media and the internet, and unprecedented academic, social, and familial stressors. Starting as early as eight years old, our children are exposed to information, thought, and emotion that they are developmentally unprepared to process. As a result, saving the typical "teen parenting" strategies for thirteen-year-olds is now years too late. Urgent advice for parents of teens. Dr. John Duffy's parenting book is a new and necessary guide that addresses this hidden phenomenon of the changing teenage brain. Dr. Duffy, a nationally recognized expert in parenting for nearly twenty-five years, offers this book as a guide for parents raising children who are growing up quickly and dealing with unresolved adolescent issues that can lead to anxiety and depression. Unprecedented psychological suffering among our young and why it is occurring. A shift has taken place in how and when children develop. Because of the exposure they face, kids are emotionally overwhelmed at a young age, often continuing to search for a sense of self well into their twenties. Paradoxically, Dr. Duffy recognizes the good that comes with these challenges, such as the sense of justice instilled in teenagers starting at a young age. Readers of this book will:
• Sort through the overwhelming circumstances of today's teens and better understand the changing landscape of adolescence
• Come away with a revised, conscious parenting plan more suited to addressing the current needs of the New Teen
• Discover the joy in parenting again by reclaiming the role of your teen's ally, guide, and consultant
If you enjoyed parenting books such as The Yes Brain, How to Raise an Adult, The Deepest Well, and The Conscious Parent, then Parenting the New Teen in the Age of Anxiety should be next on your list!

My Nest Isn't Empty, It Just Has More Closet Space

Chicken Soup for the Soul: Empty Nesters

101 Stories about Surviving and Thriving When the Kids Leave Home

Hope for a Parent's Heart as Kids Leave the Nest and Learn to Fly

One Couple's Adventure from Empty Nest to No Nest at All

A Little Book of Love and Encouragement for When Your Child Leaves the Nest

Prepare Your Heart, Prepare Your Child for Leaving Home

The perfect gift for both parents and their adult children—"a wonderfully wise and constructive intergenerational guide" that will keep you connected to the people you love most. "Read it and learn."—New York Times bestselling author Judith Viorst We raise our children to be independent and lead fulfilling lives, but when they finally do, staying close becomes more complicated than ever. And for every bewildered mother who wonders why her children don't call, there is a frustrated son or daughter who just wants to be treated like a grownup. Now, renowned author and editor Jane Isay delivers real-life wisdom and advice on how to stay together without falling apart. Using extensive interviews with people from ages twenty-five to seventy, Isay shows that we're far from alone in our struggles to make this new, adult relationship work. She offers up groundbreaking insights and deeply moving stories that will inspire those in even the toughest situations. Isay's warmth and wit shine through on every page as she charts an invaluable course through the confusing, and often painful, interactions parents and children can face. Walking on Eggshells is the much-needed road map that will keep you connected to the people you love most.

The purpose of "Empty Nest, What's Next?" is to help parents adjust to their changing roles as parents of adult children. Unlike the first eighteen years of parenting, moms and dads now take on more of an advisory role and step out of the daily hands-on instructional role. In theory, this stepping to the sidelines parenting style should lead to a simpler, less stress-free life for the parents. However, real-life parenting young adults is often much more chaotic than the ideal. It's a roller coaster. Combine young adult immaturity with a dangerous world, and parents frequently find themselves beset with worry, fear, and anxiety. Intellectually letting go is one thing, emotionally letting go is much more difficult, especially when the parents' own stories of other moms and dads who are facing the very same challenges. Parents will discover a biblical model of faith-inspiring exercises that enable them to not simply cope with the demands of parenting their young adult children, but also to find peace, freedom, and joy in the process. "Empty Nest, What's Next?" will offer encouragement, practical suggestions, and lots of comical asides to the always-evolving role of parenting.

Are you struggling to connect with your child now that they've left the nest? Are you feeling the tension and heartache as your relationship dynamic begins to change? In Doing Life with Your Adult Children, bestselling author and parenting expert Jim Burns provides practical advice and hopeful encouragement for navigating this tough yet rewarding transition. If you've raised a child, you know that parenting doesn't stop when they turn eighteen. In many ways, your relationship gets even more complicated—your heart and your head are as involved as ever, but you can feel things shifting, whether your child lives under your roof or rarely stays in contact. Doing Life with Your Adult Children helps you navigate this rich and challenging season of parenting. Speaking from his own personal and professional experience, Burns offers practical answers to the most common questions he's received over the years, including: My child's choices are breaking my heart—where did I go wrong? Is it OK to give advice to my grown child? What's the difference between enabling and helping? What boundaries should I have if my child moves back home? What do I do when my child doesn't seem to be maturing into adulthood? How do I relate to my grown child's significant other? What does it mean to have healthy financial boundaries? How can I support my grown children when I don't support their values? Including positive principles on bringing kids back to faith, ideas on how to leave a legacy as a grandparent, and encouragement for every changing season, Doing Life with Your Adult Children is a unique book on your changing role in a calling that never ends.

When You Thrive After Your Kids Leave Home IT'S HAPPENING! You were always sure you'd get here, but the kids grew up and are surviving—more or less successfully. But what now? If you're like most moms, you're caught between grief and delight, and full of questions, loose ends, hopes, and regrets. Empty nesting can be a disorienting time, but it can also be the best time of your life. Jill Savage, an empty-nest veteran, offers you WISDOM for the murky waters ahead. Teaching you what you need to let go of and how to ENCOURAGEMENT for when you're feeling confused and discouraged. Full of stories and new insights, you'll find your spirits lifted and hope renewed. IDEAS for when you don't know "What's next?." Jill offers loads of practical ideas for coping and thriving in this encore season.

Jaworski shares her journey of learning to move forward with life after the sudden death of her daughter, Karen, to cancer at the age of 31. This is a story only a mother could write as a gift to another mother. (Motivation)

The Amazing Adventures of an Ordinary Woman

Surprise Child

A Complete Guide for Parents Only

Fun without Dick and Jane

Every Other Wednesday

Beyond the Mommy Years

Barbara and Susan's Guide to the Empty Nest

Unexhausted Time inhabits a world of dream and dawn, in which thoughts touch us 'like soft rain', and all the elements are brought closer in. Feelings, messages, symbols, visions . . . Emily Berry's latest collection takes shape in the half-light between the real and the imagined, where everything is lost and yet 'nothing goes away'. Here life's innumerable impressions, moods, seasons and d é j à vu collect and disarrange themselves, while a glowing, companionable 'I' travels the mind's landscapes in hope of refuge and transformation amid these displaced moments in time. Whether one reads Unexhausted Time as a long poem to step into or a series of titled and untitled fragments to pick up and cherish, the work is healing and inspiring, always asking how we might harness the power of naming without losing life's "magic unknowness". By offering these intangible encounters, Emily Berry more truly presents 'what being alive is'. Emily Berry has a refreshingly free, not to say incendiary, approach to poetry." Observer
"Empty Nest, Single Parent: Moving the Needle to a Repurposed Life" is written for the empty nester who also is a single parent and is dealing with all of those roles simultaneously. Each year, parents send their children off to college in what is a bittersweet moment. For some, the bitter part encompasses feelings of sadness, depression, grief and loss of purpose. According to the Mayo Clinic, while 'empty nest syndrome' is not a clinical diagnosis, it is indeed a 'phenomenon'. The book affirms readers' emotions about letting go and moving on to create a life of their own. Each chapter features the author's own sharing of challenges related to living alone, de-junking the house, physical and emotional health, finances, dating and the adult relationship with a son or daughter and ends by offering solutions to the readers can apply to their own lives.

This eight-volume encyclopedia brings together a comprehensive collection of work highlighting established research and emerging science in all relevant disciplines in gerontology and population aging. It covers the breadth of the field, gives readers access to all major sub-fields, and illustrates their interconnectedness with other disciplines. With more than 1300 cross-disciplinary contributors—including anthropologists, biologists, economists, psychiatrists, public policy experts, sociologists, and others—the encyclopedia delves deep into key areas of gerontology and population aging such as ageism, biodemography, disablement, longevity, long-term care, and much more. Paying careful attention to empirical research and literature from around the globe, the encyclopedia is of interest to a wide audience that includes researchers, teachers and students, policy makers, (non)governmental agencies, public health practitioners, business planners, and many other individuals and organizations.

What are you to do when your cheerful, friendly family members morph overnight into sarcastic, sullen, teens? How can you get through to these hormonally charged strangers when all you get in return are signs and eyerolls? Thankfully, this book reveals the groundbreaking strategies you can use to maintain good communication, healthy interaction, and strong connections to your teen, no matter how rocky the road to puberty becomes. You'll learn how to: Let your teens help set the rules—and the consequences for breaking them Realize that "me, me, me!" is actually age-appropriate Put honesty above all else Try not to criticize, judge, or become angry Based on the latest research, this book works as a Rosetta Stone to help you hear what your kids are really saying—and makes sure nothing is lost in translation!

Critics and readers loved Lisa Scottoline's first collection of true-life stories, which only encouraged her—now she's back with these all-new, exciting adventures. She's farther down the road now, and the scenery has changed—ex-husbands Thing One and Thing Two are in her rear-view mirror, daughter Francesca has moved into an apartment, and Lisa's finding the silver lining in her empty nest, which has lots more room for her shoes. And some things have stayed the same—Mother Mary is still the feistiest octogenarian on the planet, who won't part with her nest year for tomato sauce or her thirty-year old bra. In this book Lisa and Francesca spill all their family secrets—which sound a lot like yours, if you understand that three generations of women is the formula for spontaneous combustion. Inspired by her weekly column entitled, "Chick Wit" for The Philadelphia Inquirer, this is a book you'll have to put down—just to stop laughing.

Getting to 30

Navigating the Delicate Relationship Between Adult Children and Parents

Life After the Children Leave

Unexhausted Time

Handbook of Aging and the Social Sciences

An empty nest does not have to be an empty life. Judy Holland shows you how to get back in touch with yourself, your partner, your life, AND your kids when the house is less-populated. The transition to the empty nest creates a void that can catapult you into existential crisis. Your zeal for climbing the career ladder, striving for social status, and collecting material things starts to subside, as is common in middle age. Friends and relatives may suffer from illness or pass away, bringing jarring reminders of mortality that trigger a need to make sense of it all. HappiNest helps you traverse this passage with grace by distilling the latest social science research and drawing from hundreds of interviews with those who have gone before you. Whether you're seeking a renaissance in your romantic relationship, dealing with a boomerang child at home, or figuring out how to support aging parents, this book is for you. HappiNest explores a variety of challenges that arise when the house is suddenly empty or emptying, and Judy Holland provides tips and tools for managing the emotions and realities of this new life stage. From dealing with friends, career transitions, rekindling love or leaving a marriage, to reconnecting with genuine interests and passions, this road map will help guide you. There are hills, valleys, thickets, briar patches, and ditches ahead, as well as waterfalls that resolve into pristine ponds. With mindfulness, hard work, and knowledge of experiences, research, and wisdom from seasoned empty nesters, you can create the most golden phase of your life.

*From Mom to Me Again*How I Survived My First Empty-Nest Year and Reinvented the Rest of My LifeSourcebooks, Inc.

Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.

Unplanned pregnancies happen to women in every season of life: the newly married, the never-married, the empty-nester, the teenager, the overworked mother, the career woman. Yet we rarely talk about how lonely and confusing this experience can be. In Surprise Child, Leslie Leyland Fields, who experienced two unplanned pregnancies in her forties, lyrically weaves her own story with the stories of other women who understand the isolation you face as expectations and plans are turned upside down to make room for a child. "Each year, more than three million women discover themselves pregnant—at a hard time, the wrong time, at a difficult place in their lives. I am one of those women...." Together, these women walk with you month-by-month through the physical and emotional stages of pregnancy, voicing with startling honesty their own anxieties and struggles. Here you will find the companionship and hope you need to journey toward new life.

Discover New Passion and Purpose after the Kids Leave Home Many women approaching their empty-nest years do so with mixed emotions—feeling grief for what is no more but also excitement for what lies ahead. Barbara Rainey and Susan Yates are seasoned empty nesters, and they know firsthand the ups and downs, the uncertainty and challenges that accompany this new stage of life. Although Mom is a lifelong role, the job description changes significantly when the kids are grown. Questions abound: Who am I now? How do I relate to my kids? How will my marriage be affected? Where am I needed? Every woman in this stage needs to determine her own redefined role as wife, mother, friend, and more. Offering practical advice and biblical guidance, along with inspiring personal stories of women who have discovered how to live a meaningful life during the "second half," Barbara and Susan help you work out how to flourish and thrive in your own empty nests.

HappiNest

How to Grieve Like a Champ

Empty Nest, Full Life

How My Rescued Greyhound Helped Me Cope with My Empty Nest

Teenage as a Second Language

Walking on Eggshells

Release My Grip

Your children are gone or leaving soon. It's time to focus once again on your own future and especially on your marriage. What's in store for the second half? David and Claudia Arp provide answers and practical help in this groundbreaking book. Drawing on their national survey of hundreds of "second-half" couples, the Arps reveal eight marital challenges every long-term marriage faces, and they offer strategies and exercises for meeting each of them. The Second Half of Marriage will challenge you to create a vision for the rest of your life together -- and inspire you to make that vision a reality.

Learning to Live, Laugh, and Love Again After the Death of an Adult Child

Discovering God's Best for Your Next

A Complete Guide to Your Child's Stressed, Depressed, Expanded, Amazing Adolescence

Surprising, Poignant, Wonderful Things on the Horizon

Encyclopedia of Gerontology and Population Aging

Keep Your Mouth Shut and the Welcome Mat Out

Finding Hope in Unexpected Pregnancy