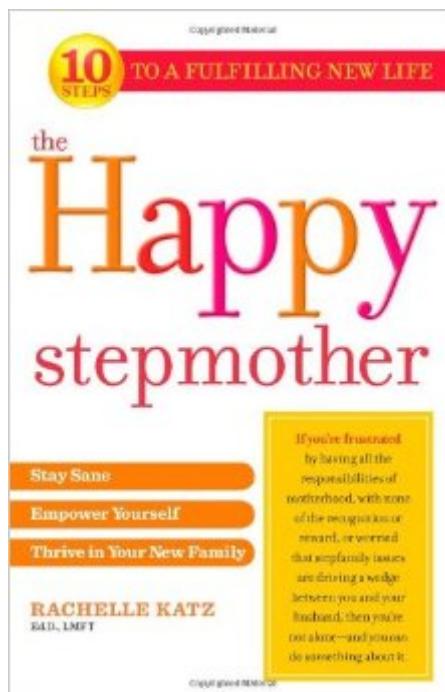


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# The Happy Stepmother: Stay Sane, Empower Yourself, Thrive In Your New Family



## **Synopsis**

You found the love of your life, and you vowed to have, to hold and to stepmother. You always thought that in time you'd grow to be the perfect, loving family. So why does it seem that the harder you try, the more unappreciated you feel? As a stepmother, therapist and founder of the popular Web site [stepsforstepmothers.com](http://stepsforstepmothers.com), Dr. Rachelle Katz knows all too well how challenging stepmotherhood can be. Based on thousands of in-depth interviews and the latest research, she's created a powerful program to help you:<sup>\*</sup> Alleviate stress and take care of yourself<sup>\*</sup> Bond with your new family<sup>\*</sup> Set and enforce clear boundaries<sup>\*</sup> Get the respect you deserve<sup>\*</sup> Strengthen your relationship

## **Book Information**

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## **Customer Reviews**

Excellent, easy to read, easy to apply principles for creating sanity in a chaotic world of step families! Who has the mental strength or time to wade through psychology books and in-depth reviews of relational studies when they are drowning in the everyday realities of living in a step family? Katz pulls it all together in an easy to apply and understand process to reclaim your sanity. Katz doesn't sugar coat the realities of step kids, biological kids, step parents, biological parents, and ex-spouses. The intricate and delicate balance of these relationships can be anywhere from tolerable and business-like to all out personal warfare. She effectively allows the reader to feel 'justified' in their "feelings" while helping the reader find proper ways to "handle" those feelings in their attitudes, actions, and behaviors. Katz brings to light the fact that some of the stereotypes of stepmothers and their relationships with ex's and step kids are based in truth but most of them are

based in anger and bitterness at the situation - not the new parent. She points out that we, individually, are not going to change the world's stereotypical view of stepmothers but we are responsible for our own actions when it comes to our biological and step family. The "other" person may never change (whether it is the spouse, the kids, or the ex) but we, as stepmothers, can learn to "survive" and hopefully thrive in our new family by how we handle our own attitudes and behaviors toward the situations. Katz offers insights into "steps" we can take to build our own character and take care of our own emotional well-being so we can be of benefit to our spouse and children in handling life's challenges. We cannot change anyone else - only ourselves.

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