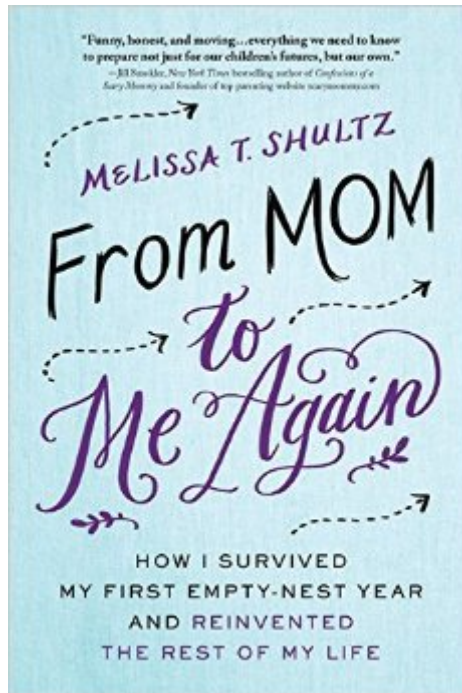


The book was found

From Mom To Me Again: How I Survived My First Empty-Nest Year And Reinvented The Rest Of My Life



Synopsis

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.

Book Information

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Best Sellers Rank: #47,214 in Books (See Top 100 in Books) [#43 in Books > Parenting & Relationships > Family Relationships > Parent & Adult Child](#) [#768 in Books > Biographies & Memoirs > Specific Groups > Women](#) [#1507 in Books > Self-Help > Personal Transformation](#)

Customer Reviews

Just what I need at this point in my life. Warm, insightful, and full of resources and ideas. My copy is now marked up with a lot of underlining, notes in the margin, and ideas written inside the covers. The empty nest is an enormous time of transition and this book is destined to become a classic in the field. Highly recommended.

This book wasn't exactly what I was expecting. It's kind of a hodgepodge of blog entries, memoir, and self help. I was interested in reading it because an empty nest is something I'll experience someday when my son leaves home. I thought it would be enlightening to read about another

mother's experience. I was expecting more of a cohesive story about that first year. I enjoyed Melissa's voice, especially in the entries that derived from her blog. She has a very conversational and introspective tone. She related her own experiences during the time leading up to, during, and after her younger son went away to college. She filled in the gaps with memories from her own upbringing and advice about marriage, friendships, and careers after kids leave home. Overall, I thought her message was good: take time for yourself and discover what you really want out of life. And in general, I think her advice can be applied much earlier. Why wait for your children to move out before pursuing your own interests? The sooner you look after yourself, the easier the transition will be when the time comes. I liked this book for the most part - some sections more than others. I think it's an interesting read for mothers, and maybe especially those who've elected to stay home with their children through their high school years. Reading about others in a similar situation is almost always helpful. It was rather choppy, though, but I think that's more in the editing than anything else.[...]

This is a book I wish I'd had before my daughter left for college--it would have really helped me get through that trying (and scary!) time. Great practical advice and tips for anyone whose almost-grown-up child is leaving soon, for college or elsewhere. I was really impressed with the range of experts the author talked to. And those short little story-essays scattered through the book--just wonderful. "About a Boy" was my favorite--if that doesn't bring tears to a mother's eyes, you're made of stone.

An absolutely perfect book for every Mom/Mother/Mama out there. Funny, insightful, practical and honest. It will make you smile, laugh and cry. You truly do not have to be an "official empty nester" to appreciate Melissa's wisdom, stories or help. I am sending this book to some friends who are going through the "empty nest" process now. Take the time to read, highlight, flag and share each and every section of the book. My favorite section is: If I Knew Then....Enjoy this, cherish it and share it.....

I purchased this book as my oldest child was moving out of the house. I have had a hard time with her leaving as she has been my other half for 18 years and I felt like my identity. I needed help figuring out who I was without my best friend. I plan on reading it again next year when my youngest (my baby) leaves home. This is a good summer read and is comforting to know that you are not alone. I could relate to the stories even though our life was not the same the feelings were. I

recommend this to any mom that is going through the struggle of finding herself as her children are leaving home.

I enjoyed this book very much. It's the perfect blend of humorous, honest relatable memoir and practical advice from both professionals as well as other notable women who have gone through similar experiences as children get older. Beautifully written. Highly recommend.

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