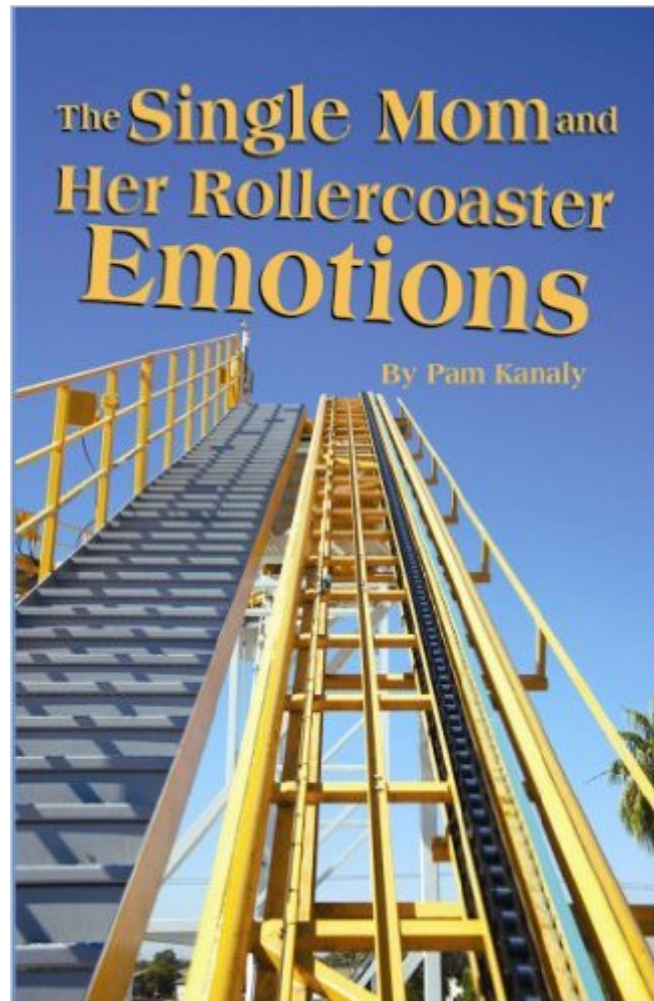


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# Single Mom And Her Rollercoaster Emotions, The



## Synopsis

Christian guidance for single parenting. Single moms face ups and downs, and this personal testimony offers advice on how to navigate the emotional roller coaster. After highlighting and defining nine specific negative emotions that often overwhelm single parents, Pam Kanaly explains how to transform these common characteristics into corresponding positive traits. Founded on love and biblical teaching, these words of wisdom and compassion will offer hope and consolation to struggling moms.

## Book Information

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## Customer Reviews

I'm the author's daughter, and, of course, you'd expect me to write a positive review, but I know something you don't. I observed first hand the Godly principles talked about in this book, because I emerged into a wholesome adult woman, wife, and now mother. I'm living proof that if the single mother in the home models well, children can emerge into adults who are emotionally complete, spiritually healed, and personally passionate about Christ. Of course, I highly recommend this book to every single mom worldwide, not because it's my mom's book, but because I want other little kiddos out there to grow up having a single mom that models well. And what's my favorite quote in the book? "Some things fall apart so that better things can fall together."

I'm not a single momâ but I married one! And I'm a pastor of a single parent ministry at a large church. So I am very thankful a book like this has been published. Pam has lived the roller

coaster ride herself and knows first-hand how God can take the ups and downs, twists and turns and through His Word, His Son and His Spirit can calm your stomach, allowing you to take a deep breath and learn to trust instead of fear. Pam gives great insight of her own story, but also she captures nuggets from other single moms helping everyone realize they are not alone and don't have to feel isolated. But beyond her story and the stories of other single moms Pam brings bible stories that help make God's truth and God's hope practical for every single mom out there. The heavenly becomes the practical. In fact Pam asks this question in Chapter 2, "How can you funnel the "Milky Way God" down into your fears, so you have a tangible piece of His power, something sufficient for breaking the visible strongholds of your nagging uncertainties?" And Pam doesn't just ask the question, she provides a down to earth answer you can wrap your hands around. Have you had a fear of the unknown? This book is for you. Have you had feeling you can't handle anything else? This book is for you. Have you wondered why God has let this happen to you? This book is for you. Have you strayed off the path of what you knew to be right in the past? This book is for you. This book will encourage you, comfort you, challenge you and give you great hope in the midst of the rollercoaster of your life and all the emotions you face as a single mom. It would make a great gift for mother's day if you know a single mom!

I was blessed with the chance to read the first two chapters of this book already. I have already ordered my own copy and can't wait to finish the book. Pam does an amazing job of hitting on the topics of every single mom. If you are a new single mom or an old single mom or someone trying to help a single mom this is the book for you. Pam can relate so well with what we go through and help us in our walk in single parenting. What an emotional ride it has been for me. And it is still challenging after eight years. I recommend this book to anyone who is a single parent or knows Simmons who is a single parent is very insightful and helps you to not feel alone in your walk.

Buy it for yourself, buy it for a friend who is struggling, if you are Minister or Pastor, buy it to help any newly single mom in your Church - it WILL make a difference. Having been on a rollercoaster myself after my husband walked out 6 months ago without warning and after 12 years of marriage the trauma, grief, guilt, shame, distress, loneliness, lack of purpose and lack of self worth has been huge (and everyone calls me strong - how little they really know!). Pam absolutely gets it and while it is extremely sad to know that she has clearly walked this path as I wouldn't wish this time on anyone, her words are precious, so real, hope filled and show that God can and will use this time/stage for good. I have read a lot over the past 6 months and this is hands down the best book

to give you hope, a vision for the future that is positive and exciting if we only but surrender to God and his will and purpose for our lives. If you need to be uplifted and need to have a cheerleader on the sides walking this path with you - please please read this book as you will be encouraged. May God bless you all and for those single mum's out there like me, you are not alone!

Fortunately I've been able to preview the first two chapters. Arise Ministries has been a huge support in my life. Pam Kanaly exceeded my expectations. She understands the emotional roller coaster that single moms experience in every day life. More than that she has a passion for single moms. You have to read this book to help you understand. In the first chapter Ms. Kanaly writes about Accepting "What Is." Pam makes an illustrative reference using "Following the Yellow Brick Road" from The Wizard of Oz. This part of the chapter is broken down into three bricks to represent the crisis, transition, and emergence stages of life. As a visual learner I enjoyed the comparisons that were made which allows the reader to identify with and work through issues in a realistic manner. This book is very well written. I preordered my copy last month and it's already flying off the shelf. I feel that along with single mothers, anyone that has a heart for serving this community at any capacity (i.e. close friends, church and/or family members) can and will benefit from the material in this book. Pam speaks truth in the most gentle and loving way. This book was written from a former single mom to all single moms. Buying this book is a necessity for any home library. I think it is also a great gift for all single moms. I can't wait to dive into the rest of it.

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