



# **The Single Mum's Survival Guide: How to Pick Up the Pieces and Build a Happy New Life**

*Vivienne Smith*

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*“Once upon a time I was perfectly happy—complacent even. But then my world came crashing down and I was suddenly a single mum of two small children, losing sleep over how to pay the bills. The things I learned allowed me to retain my sanity, self-esteem, and sense of humour and to help my children get through the experience. I discovered how to release the traumatic experiences and emotions that were holding me back and find more fun, fulfillment, and balance in my life (not to mention my lovely husband!)”*

You *can* build a happy new life!

Are you a stressed-out single mum, juggling childcare, work and home—and struggling to cope with all the emotional and practical demands on you?

You're not alone! *The Single Mum's Survival Guide* is packed with words of inspiration, comfort, wisdom and experience from a host of real-life single mums and expert professionals to make life easier, help you on your way, and put your mind at rest with answers to questions such as:

- How do I tell the kids?
- How do I get over this split and move on?
- Why is my child behaving like this and what should I do about it?
- How will I feel when my kids meet his new girlfriend?
- How do I deal with all the legal stuff?
- How can I manage on this little money?
- How can I have more energy when I'm so tired all the time?
- Is it OK to ask for help—and who can I ask?
- Can I ever forgive my ex?
- Can I *really* be single and happy?
- When is it time to start dating again—and how will I know if he's Mr. Right?

Vivienne Smith is a writer, trainer, presenter, and certified *neuro-linguistic programming* (NLP) and hypnosis practitioner. She also a Regional Director of the Athena Group, an international networking, training and development business community for female executives and entrepreneurs. Her experience as a single mum prompted Vivienne to write a book about the subject. It has been the fulfilment of a long term ambition to turn what was at the time a negative and distressing experience into an opportunity to help others get through similar challenges. Now happily remarried, she lives with her husband and two sons in beautiful West Sussex, on the south coast of England.

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#### **Vicki Harris:**

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