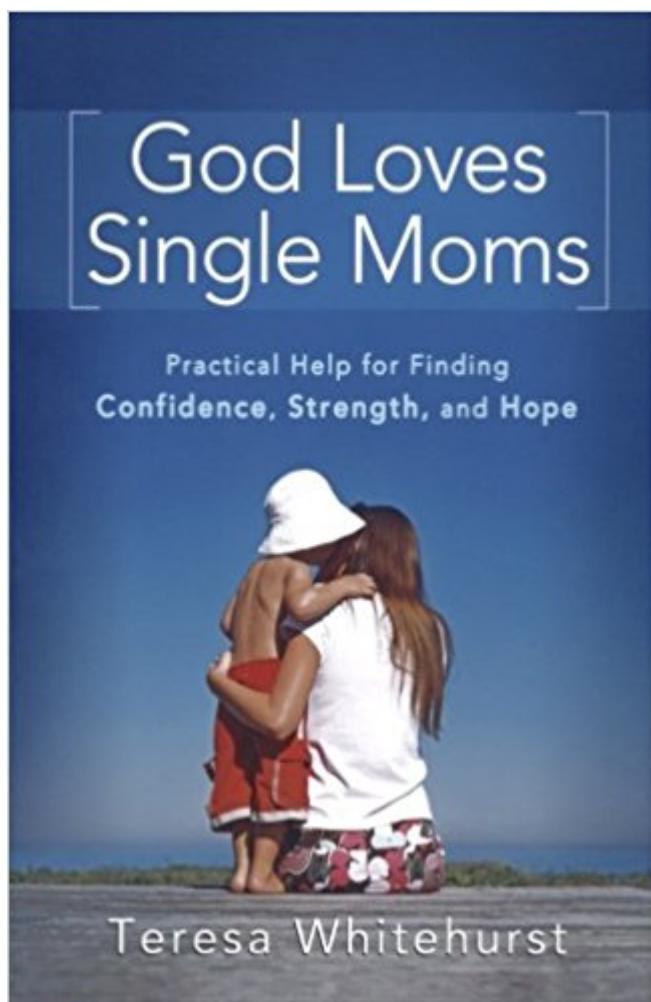


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# God Loves Single Moms: Practical Help For Finding Confidence, Strength, And Hope



## **Synopsis**

Written by a psychologist who's successfully navigated single motherhood herself, this book helps single moms believe they and their families deserve the best life has to offer. Packed with practical tips, smart strategies, and ways to improve the wellbeing of single moms and their children, this book shows single moms how to improve their leadership and parenting skills. It tackles pressing issues such as selfcare, a support network, organizing, finances, discipline, and more. Teresa Whitehurst reminds single moms that they don't need to be overwhelmed and that God loves them, is on their side, and wants to guide and support them every step of the way. While they may get weary, they need never feel alone.

## **Book Information**

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## **Customer Reviews**

God Is on Your SideTeresa Whitehurst knows what it's like to be a single mom. She faced many challenging times when money was short, when her back was aching, and when her spirits sagged from trying to "do it all" without letting anyone know she needed a little rest or assistance. Over the years she learned that both she and her children benefitted when she stopped trying to be perfect; admitted her needs, frustration, loneliness, or fatigue; and reached out to God and to supportive friends and family.In God Loves Single Moms, she offers you down-to-earth advice on navigating the world of single motherhood with confidence and hope for the future. Packed with practical tips, smart strategies, and ways to improve your family's well-being, this book tackles your most pressing issues, like self-care, developing a support network, organization, finances, discipline, and more. It can feel like you're struggling through life on your own. But you have a partner who wants you to

succeed and wants your children to flourish. God loves you and wants to guide and support you every step of the way. Whether you've never married, you're divorced, or you've been widowed, you and your children deserve the best life has to offer. And while you may get weary, you need never feel alone. Teresa Whitehurst is a clinical psychologist who provides counseling as well as personal and career coaching. She has worked as a psychotherapist for many years in private practice, at Harvard Medical School, and at Kaiser-Permanente. Whitehurst writes and speaks on parenting and personal development issues and is the author of *How Would Jesus Raise Your Child?* She is a single mom who has two adult daughters and two grandchildren.

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I was a single mom and still am although my children are grown now. I now lead a single mom's group. This book was so encouraging. It portrayed single moms as being special instead of being different or an outsider. It is meant to be an overview for single moms and leads them to other helpful resources for their particular situation.

This author has been there. She gets it. So many things discussed and pointed out. A must have in the personal library. Wonderful read. Enjoyed the book immensely.

### God Loves Single Moms

This book is ok. It has an encouraging tone and nice information, but it was written as if single mothers need to be told that God is not disappointed in them. I was thinking "What? God disappointed in me?! Oh right. Christians sometimes think that being a single mother is shameful." It never even crossed my mind. It was a turn off that the book seemed to be premised on shame I was supposed to be feeling but am not. I also found that the recommendations in this book are not geared towards professional women. I'm used to making goals for my life and obtaining them, but this book is written as if I need encouragement to take control of my situation. This may be helpful to the right audience, but it just didn't speak to me.

I'm a single mom of two sweet, adorable, yet boys-will-be-boys boys, so I knew I had to read this book. It, simply put, called to me. I learned A LOT from this little, easy to read book. Teresa Whitehurst is a fellow single mother(rock on, single moms!), who, through God's guidance, put into perspective, the single motherhood life. Whether your a single mom by divorce, or widowed, we are AWESOME! Why is it AWESOME to be a single mom, when, at many times, it is such a struggle both emotionally and financially? Because all the love and attention of those kids are dished out solely for US! Selfish, I know, but in the end, it is wonderful!Now, you might be asking, am I single mom by divorce or widowed? I am a single mom by divorce. It is a true struggle being a divorced single mom, because, yes, I still have to "deal" with my ex. We get along for the most part, but it's a struggle because, even though we get along, we still disagree on MANY things regarding our child. It is so hard to please EVERYONE, the ex, the family, the kids, the neighbors, and at times, it feels really hard to please God too. You just get so durned frustrated! You're pleasing everyone but yourself because you feel that you need to focus on your kids. Well, that is TRUE but at the same time, if you aren't happy, you are just "surviving" being a single mom. There is no "thriving" which is what you should be doing, as a rockin' cool single mom. Simply "surviving", no matter the support you may have from friends and family (I have TONS of support from mine and I am super thankful in every way for them!), it can still get....well...rather depressing.But, through Teresa's mini quizzes, Biblical quotes, and her life experiences, she helps us single moms realize, no matter how young or old we are, no matter whether we are widowed or divorced, there is only One person to please through out this whole ordeal, and One person who will ALWAYS love us, and who will help us through our single mom struggles.This is a 5 star book, that I recommend to EVERY single mom out there. It is just what I needed and I am so glad that I had the chance to be included in reviewing this book. If you are a single mom, young or old, divorced or widowed, PLEASE....grab a copy of Teresa's book TODAY. Thank you, Teresa!\*This review is based on a complimentary copy which was provided for an honest review\*

Encouragement for Single MomsA comprehensive guide to traversing single motherhood successfullyTeresa Whitehurst has experienced the challenges of single motherhood firsthand and tackles these pressing issues in her new book God Loves Single Moms. Filled with encouragement, compassion and contagious enthusiasm, the author helps readers discover how to make single parenthood a success through her practical tips, professional insights, and the knowledge that they are truly loved by God.Personally, I remember first hand, feeling like such a failure in God's eyes.

Growing up in a Christian home, I was taught NEVER to judge others for any reason (and my mother NEVER did). However, divorce was NEVER considered an option (although, as an adult looking back, there was no REAL reason for my mom or dad to contemplate divorce). When I was faced with initiating the action in my own life (with no parents to validate/reassure/even forgive me in my decision), with a son that meant the world to me-to raise in the best way I could, I stopped at a Church completely unfamiliar to me and requested to speak with the Pastor. I asked him, point-blank, if God would forgive me (and more importantly, still LOVE me) if I sought a divorce. It was the absolute hardest decision I have EVER made in my life!Each chapter looks at a different challenge and includes Scripture, prayers, questions for reflection, and inspiring stories from other single moms. There is also a thorough inventory questionnaire that helps readers take an in-depth look at the various aspects of their personal and family life and gauge areas where they are succeeding and areas where they would like to see improvement.Although my divorce was MANY years ago, this book was a source of comfort to me. My son, now 27 years old, turned out to be the MOST AMAZING young man I have ever known (in spite of me)! As a matter of fact, he proposed marriage to his girlfriend this past Monday night, which caused me to ponder the enormous responsibility of marriage and the life he and I shared, with God's help every step of the way!Teresa Whitehurst is a clinical psychologist who provides counseling as well as personal and career coaching. She has worked as a psychotherapist for many years in private practice, at Harvard Medical School, and at Kaiser-Permanente. Dr. Whitehurst writes and speaks on parenting and personal development issues and is the author of *How Would Jesus Raise Your Child?* She is a single mom who has two adult daughters and two grandchildren.Available November 2010 at your favorite bookseller from Revell, a division of Baker Publishing Group.

having been a single parent for 10+ years - I found this book tremendously encouraging. the idea that we often put ourselves last is a real and the authors ability to call attention to this is great! encouraging the positives of being a single mom, yes there are some, and taking stock of the health of our relationships with ourselves and our children via the questions in this book helped me take notice of the things I had lost sight of....perspective provides priority. sooooo worth the read!!!

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