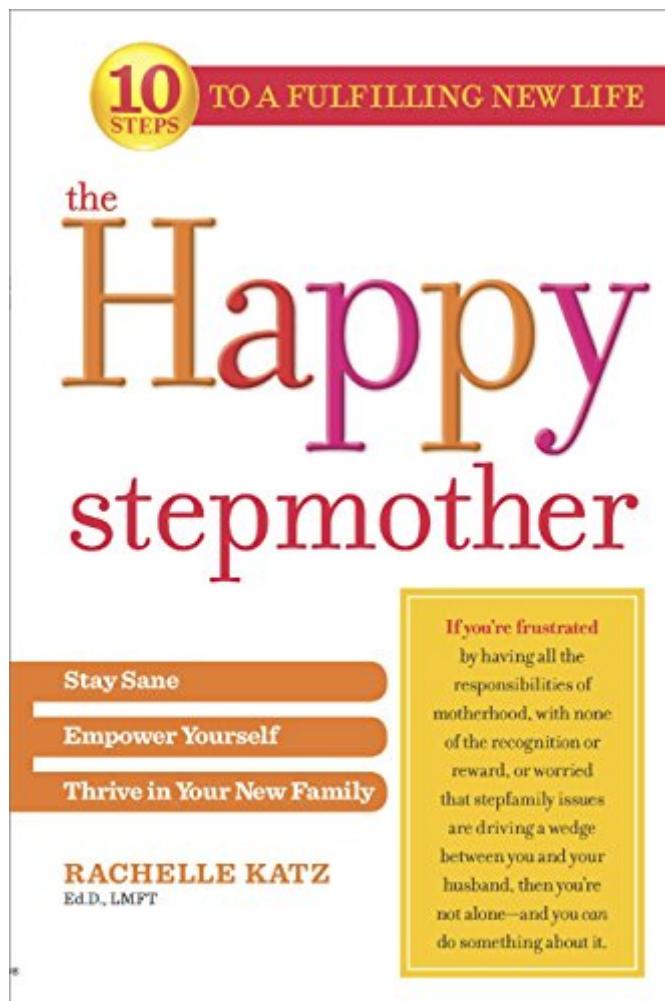


The book was found

The Happy Stepmother



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, 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:^{*} Alleviate stress and take care of yourself^{*} Bond with your new family^{*} Set and enforce clear boundaries^{*} Get the respect you deserve^{*} Strengthen your relationship

Book Information

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Customer Reviews

For any one considering being a step mom or you already are, this is a must read. It gives you the tools you need to try and let's those annoyances go (teens leaving dishes out, clothes all over and teen whining). I have learned to let dad deal with a lot of it and also exert myself as the positive

female role model. You dont have to like me but you have to respect me. My husband stands behind me but I've learned it's ok not to goto every soccer game if I don't feel like and not feel guilty. Everyone will get something different out of this book but the book has you examine your own feelings and journal them to examine entries for later. Also read Step Monster as well..good luck! It's not an easy adjustment. I'm still learning to be a step mom with my own kids as well. It's different for him then it is for me....

It really helped me a lot to realize that this isn't just happening to me :) It didn't fix the problems, but it reduced them, and most importantly, helped me to remember to be happy with MYSELF instead of depending on my surroundings. Highly recommended reading for new stepmothers!

I had been feeling so guilty before purchasing this book. I had grown to resent my situation. My thoughts were consumed with negativity, anger, and dread. I felt completely trapped in my situation, and angry with myself for being the one to put myself there. This book helped me to realize that not only am I not alone, but that each and every one of my feelings were completely normal which was a huge relief to me and totally worth the purchase of this book alone.

The advice is practical and covers a wide range of issues. Very helpful and supportive. Topics vary from spouse, step children, and in-laws.

This book is by far the most helpful self-help book on stepmom that I've ever read.. and trust me.. I do read a lot of those. it gives you tangible action for you to work on yourself and work on what you can control. The book stated facts without being too compassionate (I don't like that sometimes.. ya ya ya stepmom life is difficult.. that's why we need to work on it). It gives also perspective from the children point of view and made you understand them better.

The best book on stepmotherhood bar none. I have read this book over and over and go back to as I need support, encouragement, advice, a healthy does of reality and just to help me feel like I'm not alone and that someone gets it. I am so thankful to Rachelle Katz. She gave me hope. She gave me words to how I was feeling and inspiration when I couldn't understand why I was feeling the way I did. There are other great books out there but I definitely recommend this one as part of your collection.

Had my attention in the first page. Good book, I recommend it to any stepmother young or older.

Wonderful tips to help a blended family

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