



# The Single Parent's Almanac: Real-World Answers to Your Everyday Questions

*Linda Foust*

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## **The Single Parent's Almanac: Real-World Answers to Your Everyday Questions** Linda Foust

The round-the-clock job of handling it solo can leave single parents exhausted, frustrated, and irritated. Here to help is *The Single Parent's Almanac*, which addresses practical and emotional issues related to single parenting. Author **Linda Foust** shows parents how to balance their children's needs with their own desires, responsibilities, and goals.

A comprehensive, easy-to-use guide, *The Single Parent's Almanac* offers smart advice and sound solutions for building a happy, healthy family on your own. This unique resource provides life preservers for desperate parents who need some guidance in the areas of:

- Balancing their own needs — the best gift for a child is that a parent be happy and functional.
- Surviving the holidays — dealing with the emotions of grief and disappointment over loss of family and or traditions
- Dating, new relationships, and sex — from fantasy fun to reality
- Running the household smoothly on a budget, even while working full-time
- Building bridges of communication and respect between parent and child
- Talking with kids about money, sex, drugs, and other tough topics
- Developing a positive, loving parent-child bond

*The Single Parent's Almanac* offers not only sound parenting advice, but good advice for life. Parents are more than just parents, they're people with important needs as well. Before you reach your breaking point, turn to *The Single Parent's Almanac* for the support, answers and assistance you need!

## **About the Author**

**Linda Foust** is a single parent, single parent activist, attorney, and contributor to numerous parenting magazines and newsletters. She lives with her son in Oakland, CA.

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Spent a free time for you to be fun activity to perform! A lot of people spent their spare time with their family, or all their friends. Usually they doing activity like watching television, gonna beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? May be reading a book can be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to test look for book, may be the book untitled The Single Parent's Almanac: Real-World Answers to Your Everyday Questions can be good book to read. May be it is usually best activity to you.

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