



# Parenting on Your Own

*Lynda Hunter*

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## **Parenting on Your Own** Lynda Hunter

What you hoped for in life was a smooth road with enough turns to make it interesting. As a single parent, what you got was a rocky path marked by money issues, a barren social life, and more to do in one day than most people accomplish in three. Dr. Lynda Hunter knows how hard it can be. Her own experience as a single parent has taught her firsthand about the concerns you face daily. It's also taught her how to handle those concerns effectively. Now, in *Parenting On Your Own*, Dr. Hunter combines her personal insights with those of hundreds of single parents across the country to offer this first-of-its-kind, definitive handbook for single parents. Here at last are the real-life answers you've longed for to the real-life questions you've been asking about - coping with isolation, loneliness, and other emotions - being a full-time parent and making a living and having a social life - filling in the gaps left by the missing parent - dealing with financial crunches . . . and much more. You won't find a more thorough, practical, and well-researched guide to single parenting anywhere. This timely resource not only supplies help for your greatest struggles, but new hope and encouragement a single parent's best allies.

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