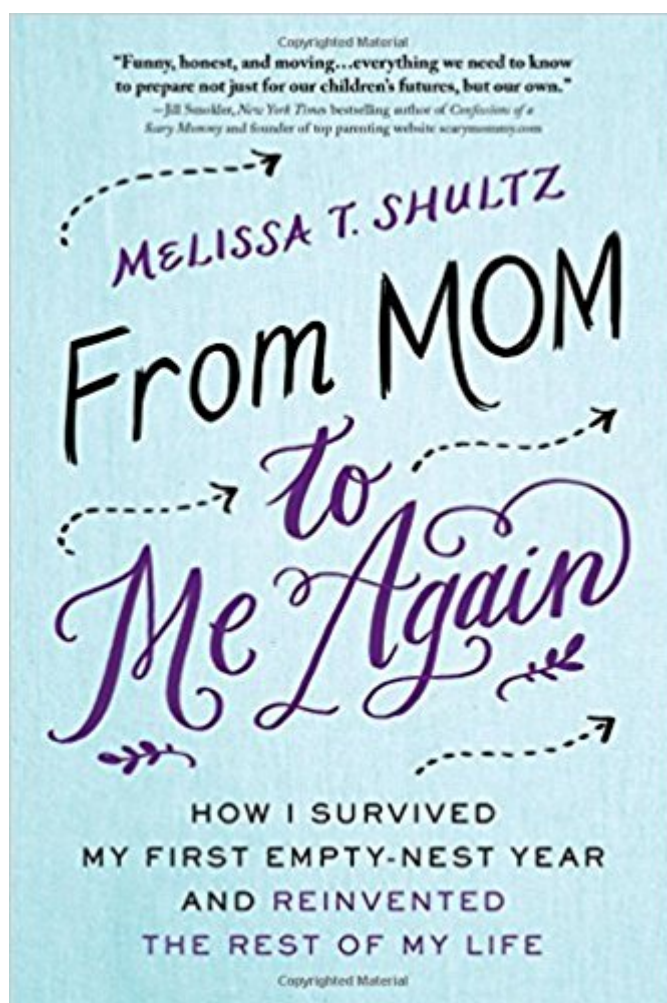


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# From Mom To Me Again: How I Survived My First Empty-Nest Year And Reinvented The Rest Of My Life



## Synopsis

Live your best life—  
even after your kids leave home  
When her children left for college, Melissa Shultz was certain that she had prepared them well for their new lives—but her own life was a different matter entirely. Her house was empty, her purpose unclear. If her life was no longer dominated by the day-to-day demands of being "Mom," then who exactly was she? And how would she ever move forward? *From Mom to Me Again* is the story of one woman's reinvention. Shultz's struggle with the empty nest and the transformation of her marriage, friendships, career, and ultimately herself, is part memoir and part self-help guide. Funny, poignant, and practical, this book tells Shultz's personal story and provides valuable advice for readers preparing to send their children off into the world. She shows women that while they'll always be mothers, it's time for them to take center stage in their own lives once again.

## Book Information

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## Customer Reviews

"Named as one of 3 Inspiring Reads by Parade Magazine: "New or soon-to-be empty nesters will appreciate the candid and hard-won wisdom in this self-help guide to navigating life after the kids leave home." - Parade "A funny, honest, and moving love letter to mothers with everything we need to know to prepare not just for our children's futures, but our own. I love this book!" - Jill Smokler, New York Times bestselling author of *Confessions of a Scary Mommy* and founder of top parenting website *scarymommy.com* "[a] wise and encouraging guide for mothers of adult children." - Publishers Weekly "Funny and poignant, Shultz shows us how we can live a happy and fulfilling life even after the kids are gone." - Grown and Flown.com "Part memoir,

part self-help guide, Shultz's journey of embracing her empty nest and the process of reinventing and transforming her life is told with candor, sincerity, and just the right amount of humor. Moms who are asking, "Now what?" this book is for you." - Club Mid (ScaryMommy.com)"If even just the words "empty nest" make you feel like crying your mama-bird eyes out, take heart. From Mom to Me Again is here to smooth your poor, feathered forehead, to say, "I know," soothingly, and to offer practical advice for turning your own bereftness into a rich, full life." - Catherine Newman, author of Catastrophic Happiness and Waiting for Birdy"The kids left, the dog died, and I hadn't spent a moment preparing myself. From Mom to Me Again is the guide I wish I'd had." - Carol Fishman Cohen, CEO of iRelaunch and co-author of Back on the Career Track"Don't make the mistake of waiting for the kids to leave home to prepare for the rest of your life. Melissa Shultz tells us why, and how, with warmth, wit, and wisdom." - Lisa Belkin, creator of the Life's Work column and the Motherlode blog in the New York Times, and author of Show Me a Hero"I was so busy taking care of the kids that I forgot to take care of myself,' says every mother on the planet. Ms. Shultz (gently )shows us why this is a colossal misguided logic, and hands us the indispensable tools we need to become non-neurotic parents of adult kids." - David and Veronica James, authors of Going Gypsy: One Couple's Adventure from Empty Nest to No Nest at All"This solid, and eloquently written book is a one-stop shop for any parent who is also on the precipice. While sharing honest feelings and details of her own life from before, during, and after her kids leave home, the author collects wise commentary from others who have been there before." - BetterAfter50"From Mom to Me Again is sensitive, insightful and sprinkled with humor throughout. In fact, it was so engaging and well-written that I read it in one sitting." - TheFriendshipBlog

Melissa T. Shultz has written about health and parenting for The New York Times, The Washington Post, The Dallas Morning News, Newsweek, Readers' Digest, The Huffington Post, Next Avenue, Scary Mommy, Babble, and other publications and blogs. She is also an acquisitions editor for Jim Donovan Literary. A native of Washington, D.C., and mother of two sons, she lives in the Dallas area with her husband.

I enjoyed this book by Melissa Shultz. Her witty and wise words are timely for most of us who are experiencing an empty nest. She includes checklists for monitoring our emotions as we make the transition from the constant chaos of children at home to the uncomfortable silence after they leave. Her stories of reinvention are motivating and encouraging. She nailed my feelings with her "Review

of Nurturing." And, her wit is delightful: "As they say in Yiddish, I am verklemt."

purchased as a gift for a new empty nesting mom. She loved it

Excellent book for new empty nesters.

Facing this issue very soon! I purchased this book for myself and I got one for a girlfriend in the same boat. I have really enjoyed reading this book, looking at the resources like blogs that she recommends, and just knowing that I'm not alone in my feelings! Glad I found this book and even recommended it to a complete stranger while attending my child's college orientation! Great and comforting resource.

Guift for my mom and she loves it.

Made me feel good about not feeling guilty. I can be who I want, when I want. Still always mom

This book is the perfect guide for parents sending their children out into the world. It's informative, smart, funny and moms will identify with every word. Melissa's writing is so engaging you can't put the book down.

Just what I needed when my son left the nest! A fantastic, funny, heartwarming, totally relatable lovely look at what this transition time means. Super fun and helpful!

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