



## Empty Nesters: ...Lose the Guilt!

*Diane Stolz*

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# Empty Nesters: ...Lose the Guilt!

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## **Empty Nesters: ...Lose the Guilt!** Diane Stolz

Empty Nesters...Lose the Guilt! is a humorous romp through the years of raising kids to remember, as an Empty Nester, why it's finally time to make life about YOU! As a generation of "kid pleaser" parents, we've completely wrapped our lives around our kid's interests and activities. Because of this, we now arrive at our Empty Nester years hesitant to embrace all that it has to offer, even guilty that we aren't including the kids. GUILT, unimaginable after all we've done for those kids! Previous generations parented on the premise of "like it or lump it" and "children should be seen but not heard". They didn't need this book. We simply need to find a way to...Lose the Guilt! So follow along on this fun, lighthearted journey of all the day to day of raising the kids. You'll soon find yourself ready and willing to embrace all the rewards that await. And do it...amazingly Guiltless!

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