



Refathering the Empty Nest: Life After the Children Leave

Wendy Aronsson

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***Refeathering the Empty Nest* by Wendy Aronsson** been chosen as a finalist in the Relationships category for the 19th Annual Books for a Better Life Awards. This title was selected from nearly 500 submissions received in ten self-improvement related categories.

Many parents have demonstrated a desire to parent skillfully and artfully. They read the latest child development and parenting books, configure their schedules to accommodate the social and educational lives of their children, and focus like lasers on their childrens' well-being. Many have made an enormous emotional and financial investment in raising their children. But children grow up, they move out, they create their own lives and their own homes. The role of the parent changes, diminishes, and evolves.

The life phase that begins in preparation for an "empty nest" and continues until parents re-feather the nest has no official name, yet it represents a profound shift from the rigors of daily parenting to a period of self-reflection and reorientation. Here, Wendy Aronsson centers on that experience, capturing the realities of the emotions and life changes that come on gradually, and sometimes proceed in fits and starts. *Refeathering the Empty Nest* is for any parent preparing for the departure from home of their youngest child. It is for those who wish to move forward productively, both in their new parenting role and in their roles as spouse, employee, friend, neighbor, and self. Using real stories throughout, Aronsson shows how people have managed these changes, how they've reignited the passion in their marriages or moved on from bad matches, how they've rediscovered old interests and talents, and how they've reinvented their relationships with their children as well. These stories provide hope and guidance to anyone whose nest is about to empty as well as those whose nests already are.

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