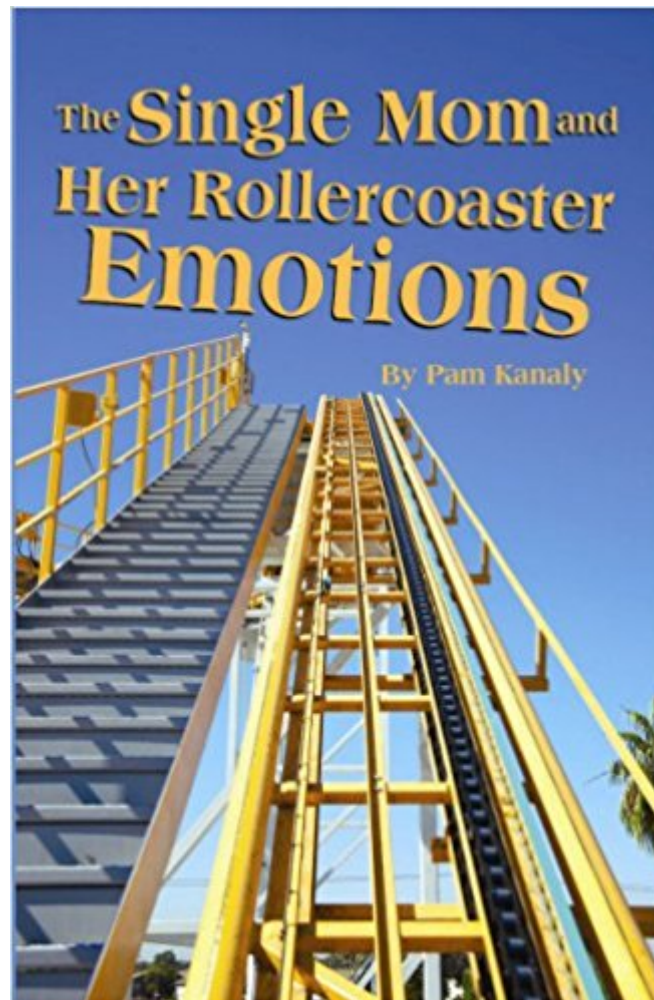




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# Single Mom And Her Rollercoaster Emotions, The



## Synopsis

Christian guidance for single parenting. Single moms face ups and downs, and this personal testimony offers advice on how to navigate the emotional roller coaster. After highlighting and defining nine specific negative emotions that often overwhelm single parents, Pam Kanaly explains how to transform these common characteristics into corresponding positive traits. Founded on love and biblical teaching, these words of wisdom and compassion will offer hope and consolation to struggling moms.

## Book Information

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## Customer Reviews

"Pam Kanaly not only rides the rollercoaster, but she gets down in the trenches with her readers. This is a book written from raw, first-hand experience. The voice of empathy is not so loud that it drowns out her victory cry. Make no mistake about it, she delivers a tale of hope."-Dr. Ed Young, senior pastor, Second Baptist Church, Houston, Texas  
"If you are a single mother trying to make the most out of your journey, then Pam Kanaly is the right guide for you."-Roy Baldwin, director of parenting and youth, Focus on the Family  
"Get this dynamic guidebook into the hands of every single mom you know-a perfect resource for women's ministries and small groups."-Debbie Stuart, church and leadership development director, Women of Faith  
"Pam honors us by being transparent with her hurts and baring her soul for all to see. This is a must-read for anyone facing the single-parent journey alone."-Linda Ranson Jacobs, creator of and ambassador for DivorceCare for Kids  
If ever someone understood what it feels like to ride the rollercoaster of life, it's a single mom.

Single motherhood is hard. The ups and downs of physical and mental stress, the whirls of unresolved emotions, and the loop-de-loops of "when will life get better?" leave a single mom on the clickety-clack track of trying to perform a million tasks at once with grace and charm. In *The Single Mom and Her Rollercoaster Emotions*, single mothers will discover eight harmful emotions that hamper spiritual fullness. By learning through God's Word how to calm the runaway emotions of anxiety, anger and bitterness, loneliness, guilt, and more, moms will embrace God's peace and overcome disheartening, unsettled feelings. Buckle your seatbelt for the ride of your life. It's time to ascend the uphill track to achieve emotional well-being. God has given you authority to rule over your wounded feelings. You can thrive in emotional wholeness and full-powered joy. Pam Kanaly, popular author, speaker, and international advocate for single mothers, is the president and cofounder of Arise Ministries, a national nonprofit women's organization that focuses on spiritual and emotional renewal. A former single parent herself, Kanaly founded the Survive 'N' Thrive conferences for single mothers. She lives with her husband, Rich, in Edmond, Oklahoma.

Pam Kanaly is president and co-founder of Arise Ministries, a national non-profit women's support organization. She is also the co-founder of the Survive 'N' Thrive conference for single mothers and the Ignite Conference for women leaders in ministry. After finding herself alone and raising young children, she embraced God's mission for her as both a single mother and as a spokesperson for faithfulness. For more than twenty-five years, she has recorded her faith journey and shared it with others.

Buy it for yourself, buy it for a friend who is struggling, if you are Minister or Pastor, buy it to help any newly single mum in your Church - it WILL make a difference. Having been on a rollercoaster myself after my husband walked out 6 months ago without warning and after 12 years of marriage the trauma, grief, guilt, shame, distress, loneliness, lack of purpose and lack of self worth has been huge (and everyone calls me strong - how little they really know!). Pam absolutely gets it and while it is extremely sad to know that she has clearly walked this path as I wouldn't wish this time on anyone, her words are precious, so real, hope filled and show that God can and will use this time/stage for good. I have read a lot over the past 6 months and this is hands down the best book to give you hope, a vision for the future that is positive and exciting if we only but surrender to God and his will and purpose for our lives. If you need to be uplifted and need to have a cheerleader on the sides walking this path with you - please please read this book as you will be encouraged. May God bless you all and for those single mum's out there like me, you are not alone!

What an excellent book! The insight and understanding you will receive from reading this book is incredible. If you've ever felt like "only you" are experiencing certain feelings or that "it must be me" feeling when you've thought about every possible ending to a situation but no one else sees things the way you do, especially your ex, this book assures you that it's NOT you and that you're not by yourself. It may not seem like much now but OMG there were times that I second guessed myself and had doubts about things or actions but after reading this book I felt such a relief!! Not only are these words written on a page but they are words and thoughts and feelings that has God's scripture associated with them. God's words that provides points of reference that drives the words home to your heart. One of the points that I took away from this book, and there were many points, but the one major thing is GOD LOVES SINGLE MOMS and he is right there with us ALWAYS!!!!

I was blessed with the chance to read the first two chapters of this book already. I have already ordered my own copy and can't wait to finish the book. Pam does an amazing job of hitting on the topics of every single mom. If you are a new single mom or an old single mom or someone trying to help a single mom this is the book for you. Pam can relate so well with what we go through and help us in our walk in single parenting. What an emotional ride it has been for me. And it is still challenging after eight years. I recommend this book to anyone who is a single parent or knows Simmons who is a single parent is very insightful and helps you to not feel alone in your walk.

I am not a single mom but I married one! And I am a pastor of a single parent ministry at a large church. So I am very thankful a book like this has been published. Pam has lived the roller coaster ride herself and knows first-hand how God can take the ups and downs, twists and turns and through His Word, His Son and His Spirit can calm your stomach, allowing you to take a deep breath and learn to trust instead of fear. Pam gives great insight of her own story, but also she captures nuggets from other single moms helping everyone realize they are not alone and don't have to feel isolated. But beyond her story and the stories of other single moms Pam brings bible stories that help make God's truth and God's hope practical for every single mom out there. The heavenly becomes the practical. In fact Pam asks this question in Chapter 2, "How can you funnel the Milky Way God's love down into your fears, so you have a tangible piece of His power, something sufficient for breaking the visible strongholds of your nagging uncertainties?" And Pam

doesn't just ask the question, she provides a down to earth answer you can wrap your hands around. Have you had a fear of the unknown? This book is for you. Have you had feeling you can't handle anything else? This book is for you. Have you wondered why God has let this happen to you? This book is for you. Have you strayed off the path of what you knew to be right in the past? This book is for you. This book will encourage you, comfort you, challenge you and give you great hope in the midst of the rollercoaster of your life and all the emotions you face as a single mom. It would make a great gift for mother's day if you know a single mom!

Fortunately I've been able to preview the first two chapters. Arise Ministries has been a huge support in my life. Pam Kanaly exceeded my expectations. She understands the emotional roller coaster that single moms experience in every day life. More than that she has a passion for single moms. You have to read this book to help you understand. In the first chapter Ms. Kanaly writes about Accepting "What Is." Pam makes an illustrative reference using "Following the Yellow Brick Road" from The Wizard of Oz. This part of the chapter is broken down into three bricks to represent the crisis, transition, and emergence stages of life. As a visual learner I enjoyed the comparisons that were made which allows the reader to identify with and work through issues in a realistic manner. This book is very well written. I preordered my copy last month and it's already flying off the shelf. I feel that along with single mothers, anyone that has a heart for serving this community at any capacity (i.e. close friends, church and/or family members) can and will benefit from the material in this book. Pam speaks truth in the most gentle and loving way. This book was written from a former single mom to all single moms. Buying this book is a necessity for any home library. I think it is also a great gift for all single moms. I can't wait to dive into the rest of it.

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