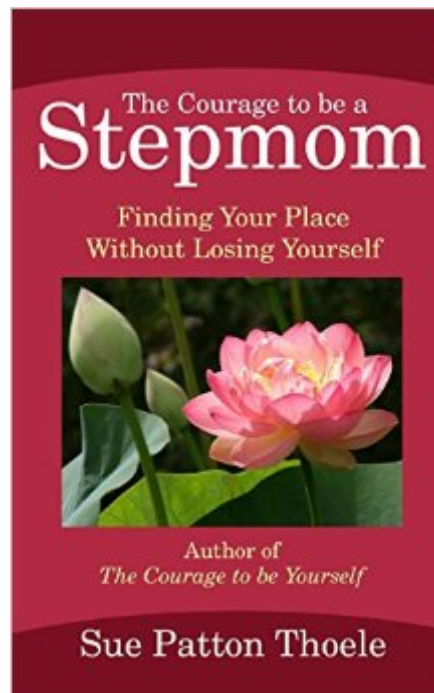


The book was found

The Courage To Be A Stepmom: Finding Your Place Without Losing Yourself



Synopsis

From her personal and professional experience as a mother, stepmother and psychotherapist, Sue Patton Thoele provides valuable nuts and bolts advice to women juggling the complex and confusing demands of the stepmother role. Sue helps women take loving care of themselves and their marriages, as they learn how to make step-mothering more manageable and enjoyable. This revised edition was first published by Council Oak Books in 2003.

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Customer Reviews

The Courage To Be A Stepmom reflects author Sue Patton Thoele's considerable experience in the area of empowering and encouraging women to grow spiritually, intellectually and emotionally. Perhaps more importantly, Ms. Thoele's willingness to draw extensively from her own experience as a stepmother brings the subject matter alive and will leave most readers feeling that it really is okay to take some wrong turns on the long and sometimes arduous journey from novice to "stepmother emeritus."The Courage to Be a Stepmom skillfully covers the basics-keeping expectations reasonable, going slowly, strengthening the marriage, and so on. There's good, practical advice to be found in its pages. However, it moves ahead of many of the contemporary books on stepparenting and stepfamilies in its ability to present its subject in the context of personal growth. Ms. Thoele, often through personal example, encourages stepmothers to continually look within and work with their feelings, expectations and beliefs as they face the challenges of building a successful stepfamily. The underlying premise of the book is that you have to be willing to grow yourself if you want to promote growth in your stepfamily, and secondly, that this is an extremely challenging, sometimes painful, but potentially quite rewarding process.Particularly strong, I think,

are her chapters on taking care of yourself. Sue Thoele adeptly blends together established concepts about nurturing the self with anecdotes derived from the nearly forty stepmothers she interviewed for the book. What emerges is a compassionate model for caring for others from a position of caring for yourself.

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