



# The Single Mom's Guide to Finding Joy in the Chaos

*Elsa Kok Colopy*

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# The Single Mom's Guide to Finding Joy in the Chaos

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## **The Single Mom's Guide to Finding Joy in the Chaos** Elsa Kok Colopy

Raising preschoolers can be exasperating, not to mention exhausting. And single parents have it tougher still. Elsa Kok Colopy has been there. She knows the struggle well. In *A Single Mom's Guide to Finding Joy in the Chaos*, Elsa comes alongside readers as a trusted friend to help them handle twenty crucial parenting issues. Writing with warmth and vulnerability, Elsa addresses everything from nutrition to discipline, including how readers can - build their child's self-esteem and sense of belonging - get creative about budgeting and paying off debt - use sibling rivalry to teach problem-solving skills. With short, easy-to-read chapters, this book makes it easy for moms to find the encouragement they need, the moment they need it. *A Single Mom's Guide to Finding Joy in the Chaos* is full of powerful inspiration and hope for moms raising kids on their own.

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