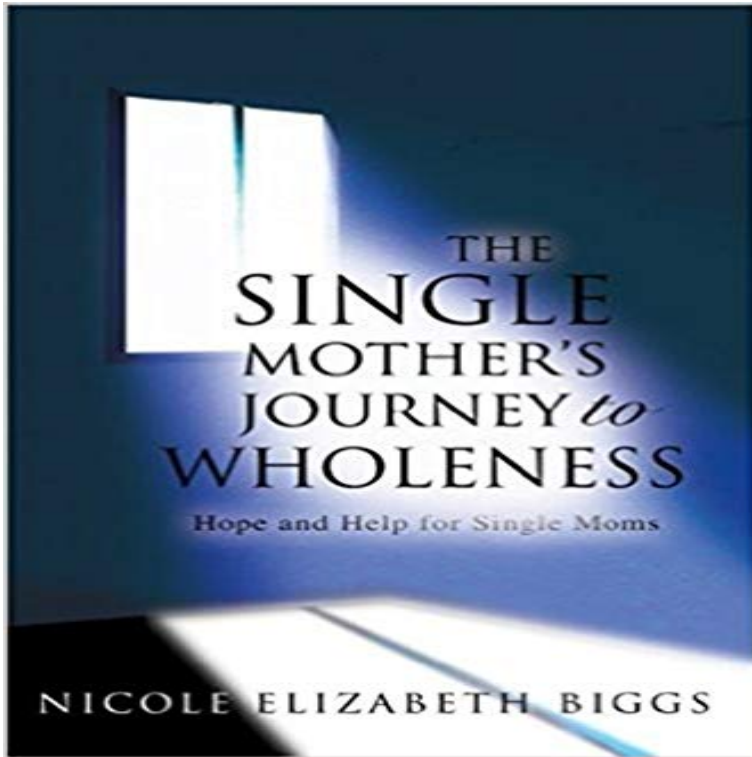


# The Single Mothers Journey To Wholeness: Hope and Help For Single Moms



Join Nicole Elizabeth as she starts on her journey of being divorced and alone with four children, no job, a mountain of bills, and a mother with a broken hip. Follow her roadmap of nurturing and survival to reach a destination of near-normalcy and happiness, and then chart your own path following this book's guidance. The Single Mothers Journey to Wholeness covers Nicole's experiences as she starts her life over and learns how to cope and thrive through nurturing and transition. Whether you are a newly single or a single mom who has been raising children alone for some time, this guide will bring hope and inspiration to you. If you are suffering from anxiety, fear, depression and sadness you are not alone. Learn how to cope and thrive in the world of being a single parent. Since 2005 when this book has been published, Nicole has gotten married, accomplished all of the goals she set out to do and just had a granddaughter named Mila who is 8 months old. You can truly walk in freedom and hope and overcome whatever obstacles that face you and love yourself and your journey. Nicole also has helped many women and men thrive in life. She has helped people love themselves unconditionally while raising their kids and was called to public speaking after the release of this book. Many have went back to school, changed careers, became happier and healthier mentally with self acceptance and love. While writing this book Nicole became a psychologist, hypnotherapist and life coach and realized her anxiety was because she was a highly sensitive soul and this contributed to her gift of helping others and the empath's journey as a single mom also contributed to great pain and unknown suffering. This book is a catharsis for everyone as you reach into the depths of the shadow in a humorous manner and learn how to thrive by acceptance of everyday life while dreaming and looking into the future. Nicole plans to continue

writing on subjects like living as a highly sensitive soul, natural health and remedies healing with coconut oil and hemp among other topics. Nicole also plans to open a holistic wellness center on Whidbey Island in Washington State.

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