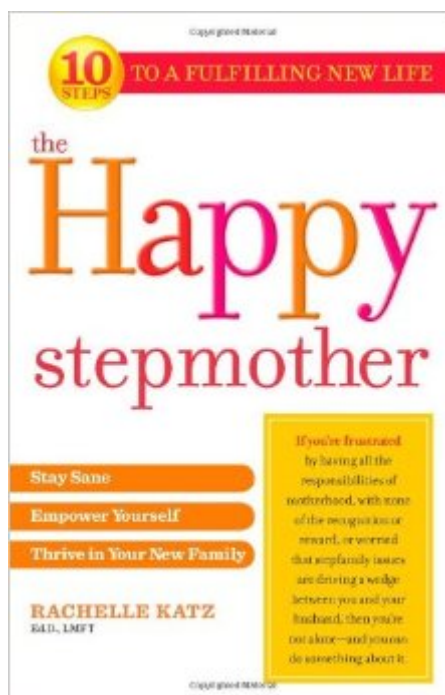


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# The Happy Stepmother: Stay Sane, Empower Yourself, Thrive In Your New Family



## Synopsis

You found the love of your life, and you vowed to have, to hold and to stepmother. You always thought that in time you'd grow to be the perfect, loving family. So why does it seem that the harder you try, the more unappreciated you feel? As a stepmother, therapist and founder of the popular Web site [stepsformothers.com](http://stepsformothers.com), Dr. Rachele Katz knows all too well how challenging stepmotherhood can be. Based on thousands of in-depth interviews and the latest research, she's created a powerful program to help you: \* Alleviate stress and take care of yourself\* Bond with your new family\* Set and enforce clear boundaries\* Get the respect you deserve\* Strengthen your relationship

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (72 customer reviews)

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## Customer Reviews

Excellent, easy to read, easy to apply principles for creating sanity in a chaotic world of step families! Who has the mental strength or time to wade through psychology books and in-depth reviews of relational studies when they are drowning in the everyday realities of living in a step family? Katz pulls it all together in an easy to apply and understand process to reclaim your sanity. Katz doesn't sugar coat the realities of step kids, biological kids, step parents, biological parents, and ex-spouses. The intricate and delicate balance of these relationships can be anywhere from tolerable and business-like to all out personal warfare. She effectively allows the reader to feel 'justified' in their "feelings" while helping the reader find proper ways to "handle" those feelings in their attitudes, actions, and behaviors. Katz brings to light the fact that some of the stereotypes of stepmothers and their relationships with ex's and step kids are based in truth but most of them are

based in anger and bitterness at the situation - not the new parent. She points out that we, individually, are not going to change the world's stereotypical view of stepmothers but we are responsible for our own actions when it comes to our biological and step family. The "other" person may never change (whether it is the spouse, the kids, or the ex) but we, as stepmothers, can learn to "survive" and hopefully thrive in our new family by how we handle our own attitudes and behaviors toward the situations. Katz offers insights into "steps" we can take to build our own character and take care of our own emotional well-being so we can be of benefit to our spouse and children in handling life's challenges. We cannot change anyone else - only ourselves.

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The Happy Stepmother: Stay Sane, Empower Yourself, Thrive in Your New Family Empath: How To Thrive And Survive As An Empath And Empower Yourself Against Negative Energies, Psychopaths, Sociopaths And Narcissists By Understanding ... Person, Empath, Psychic, Intuitive) How to Love Yourself: How to Have More Self- Confidence & Start Living Your Life to Be Happy Again (How to Love Yourself, Feel Confident and Be Happy Book 2) How to Stay Sane (The School of Life) Instant Healing: Gain Inner Strength, Empower Yourself, and Create Your Destiny The Happy Stepmother Step Parenting: Crucial Steps on How to Be A Good Stepmom - Step Parent Books for Stepmothers (Step parenting book, Stepmother, How to be a good stepmom, Blended Family, Stepfather, Stepmom) Take Back Your Life!: Using Microsoft Outlook to Get Organized and Stay Organized: Using Microsoft(r) Outlook(r) to Get Organized and Stay Organized (Bpg-Other) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Too Good to Leave, Too Bad to Stay: Decide Whether to Stay In or Get Out of Your Relationship Trust the Process: 30 Days of Inspiration to Enrich, Enhance and Empower Your Life Splitsville: How to Separate, Stay Out of Court and Stay Friends Everyday Games for Sensory Processing Disorder: 100 Playful Activities to Empower Children with Sensory Differences Developing Collections to Empower Learners Social BOOM!: How to Master Business Social Media to Brand Yourself, Sell Yourself, Sell Your Product, Dominate Your Industry Market, Save Your Butt, ... and Grind Your Competition into the Dirt Disarming the Narcissist: How to Stay Married to a Narcissistic Partner and Live a (Reasonably) Happy Life Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) 7 Steps to an Organized Wedding Thank You Note: A Bride and Groom's Guide to Staying Sane During the Thank You Note Writing Process OCD: Sayings to Keep You Sane!: Reminders, Affirmations & Slogans Inn Sane

