



# Single Mom and Her Rollercoaster Emotions, The

*Pam Kanaly*

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## Single Mom and Her Rollercoaster Emotions, The Pam Kanaly

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.

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