



# Single Mother in Charge: How to Successfully Pursue Happiness (Women's Psychology)

*Sandy Chalkoun*

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Are you ready to take charge of your happiness? The new science of positive psychology demonstrates that happiness is a choice that can be achieved through the application of concrete practices. And anyone can learn how to apply them.

There are approximately 90 million mothers in the United States and Canada alone, and given the current divorce rate, a great number of them will find themselves as single mothers at some point in their lives. But this book is truly for all mothers. *Single Mother in Charge: How to Successfully Pursue Happiness* employs the latest research on the science of happiness to show mothers how to be stronger, happier, and more balanced. Through it, they will learn to use their own power to improve the quality of their lives and those of their children.

This hands-on guide starts with three critical lessons for personal transformation: the right belief, the right attitude, and taking action. Readers will be taught how to transform feelings of fear, anxiety, guilt, and low self-esteem into a positive, confident attitude. Once these barriers to happiness have come down, the mother can adopt the 22 "happiness strategies" outlined in the book to create a happier and healthier life for herself and her family.

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