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## Living The Life Unexpected 12 Weeks To Your Plan B For A Meaningful And Fulfilling Future Without Children

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An illuminating mixture of autobiography, personal stories, social history and self-help, Living the Life Unexpected blends the personal, the political and the practical to support childless-not-by-choice

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women as they move forward with their lives.

Living the Life Unexpected: How to find hope, meaning and ...

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In 'Living the Life Unexpected', Jody addresses the taboo of childlessness and shows women how to live creative, happy, meaningful and fulfilling lives without children. Jody Day would have liked to have had children, but it didn't work out that way. At the age of 44, she admitted to herself that her quest to be a mother was at an end.

Living the life unexpected : 12 weeks to your plan B for a ...

Warm, witty, and wise, Living the Life Unexpected is essential reading for any woman whose life has taken her down paths that she did not anticipate. Blending personal stories with an impressive understanding of the historical and social contexts of childlessness, as well as creative activities to help readers embark on different life journeys, this book is an unexpected pleasure.

Living the Life Unexpected: How to find hope, meaning and ...

Family Time: Dinner And A Movie Family time can exciting with dinner and a movie. Family Time is so important. One of our favorite ways to spend family time is with dinner and a movie. We usually cook dinner (sometimes the kids cook) and we bring our dinner into the living room and put on a movie. Kids grow up... Read More

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## Rocking the Life Unexpected: 12 Weeks to Your Plan B for a ...

In Living the Life Unexpected, Jody Day addresses the taboo of childlessness and provides a powerful, practical 12 week guide to help women come to terms with their grief, and to move on to live creative, happy, meaningful and fulfilling lives without children.

## Living the Life Unexpected: 12 Weeks to Your Plan B for a ...

In Living the Life Unexpected, Jody Day addresses the experience of involuntary childlessness and provides a powerful, practical guide to help those negotiating a future without children come to terms with their grief; a grief that is only just beginning to be recognized by society.

## Living the Life Unexpected by Jody Day - Pan Macmillan

Living the Life Unexpected: 12 Weeks to Your Plan B for a Meaningful and Fulfilling Future Without Children Jody Day. London, UK: Bluebird (Pan Macmillan), 2016. ISBN-13: 978-1-509-80903-5. Price: £12.99. Pages: 296 (paperback) Other Than Mother Choosing Childlessness with Life in Mind Kamalamani. Alresford, UK: Earth Books (John Hunt Publishing), 2016.

## Living the Life Unexpected: 12 Weeks to Your Plan B for a

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## Living the Life Unexpected: 12 Weeks to Your Plan B for a ...

Living the Life Unexpected is written for those women who are 'without children by circumstance'; that is, they may want to be parents but for various external reasons, often medical, cannot be. Other Than Mother is written for those who are 'without children by choice': that is, they are able to procreate but have decided not to. The authors of both books write from their own experience; and their stories form a large part of, and inform the approach of, their respective books.

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It's wonderful, helpful, thought-provoking, inspiring. If you are childless and struggling with that then this is an excellent book for you. It will also lead you to Gateway Women - a support community of childless women which Jody Day founded and is now international. Don't suffer alone.

### JODY'S BOOK - Gateway Women

in living the life unexpected jody day addresses the experience of involuntary childlessness and provides a powerful rocking the life unexpected 12 weeks to your plan b for a meaningful and fulfilling life

Across the globe, millions of women are reaching their mid-forties without having had a child. Although some are child-free by choice, many others are childless by circumstance and are struggling in a life they didn't foresee. Most people think that women without children either "couldn't" or "didn't want to" be mothers. The truth is much more complex. Jody Day would have liked to have had children, but it didn't work out that way. At the age of 44 she realized that her quest to be a mother was at an end. She presumed that she was through the toughest part, but over the next couple of years she was hit by waves of grief, despair and isolation. Eventually she found her way and created the Gateway Women Network, helping many thousands of women worldwide. Here she addresses the taboo of childlessness and provides a powerful, practical 12-week guide to help women come to terms with their grief, and to move on to live creative, happy, meaningful, and fulfilling lives without children. Previously titled Rocking the Life Unexpected, this inspiring and practical guide to a life without children has been extensively revised and updated, and includes significant additional content including extracts from the stories of 24 women and two men from around the world.

'The book to recommend to patients when they face coming to terms with unavoidable childlessness.' - British Medical Journal In Living the Life Unexpected, Jody Day addresses the experience of involuntary childlessness and provides a powerful, practical guide to help those negotiating a future without children come to terms with their grief; a grief that is only just beginning to be recognized by society. This friendly, practical, humorous and honest guide from one of the world's most respected names in childless support offers compassion and understanding and shows how it's possible to move towards a creative, happy, meaningful and fulfilling future - even if it's not the one you had planned. Millions of people are now living a life without children, almost double that of a generation ago and the numbers are rising still. Although some are childfree by choice, many others are childless due to

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infertility or circumstance and are struggling to come to terms with their uncertain future. Although most people think that those without children either 'couldn't' or 'didn't want' to be parents, the truth is much more complex. Jody Day was forty-four when she realized that her quest to be a mother was at an end. She presumed that she was through the toughest part, but over the next couple of years she was hit by waves of grief, despair and isolation. Eventually she found her way and in 2011 created Gateway Women, the global friendship and support network for childless women which has now helped almost two million people worldwide. This edition, previously titled Rocking the Life Unexpected, has been extensively revised and updated, with significant additional content and case studies from forty involuntarily childless people (mostly women) from around the world.

A practical 12-week guide offering help and hope. Across the globe, millions of women are reaching their mid-forties without having had a child. Although some are child-free by choice, many others are childless by circumstance and are struggling in a life they didn't foresee. Most people think that women without children either 'couldn't' or 'didn't want to' be mothers. The truth is much more complex. Jody Day would have liked to have had children, but it didn't work out that way. At the age of forty-four she realized that her quest to be a mother was at an end. She presumed that she was through the toughest part, but over the next couple of years she was hit by waves of grief, despair and isolation. Eventually she found her way and created the Gateway Women Network, helping many thousands of women worldwide. In Living the Life Unexpected, Jody Day addresses the taboo of childlessness and provides a powerful, practical 12-week guide to help women come to terms with their grief, and to move on to live creative, happy, meaningful, and fulfilling lives without children. Previously titled Rocking the Life Unexpected, this inspiring and practical guide to a life without children has been extensively revised and updated, and includes significant additional content including extracts from the stories of 24 women and 2 men from around the world.

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grief, and to move on to live creative, happy, meaningful and fulfilling lives without children.

A savvy and validating guide to what might be in store for growing numbers of childfree and childless adults worldwide, *Do You Have Kids? Life When the Answer is No* takes on topics from the shifting meaning of family to what we leave behind when we die. Weaving together wisdom from women ages twenty-four to ninety-one with both her own story and a growing body of research, Kate brings to light alternate routes to lives of meaning, connection, and joy. Today about one in five American women will never have children, whether by choice or by destiny. Yet few women talk much about what not having kids means to their lives and identities. Not that they don't want to; there just aren't obvious catalysts for such open conversations. In fact, social taboos preclude exploration of the topic—and since our family-centric culture doesn't know quite what to do with non-parents, there's potential for childless and childfree women to be sidelined, ignored, or drowned out. Yet there's widespread, pent-up demand for understanding and validating this perfectly normal way of being. In this straight-shooting, exhaustively researched book, women without kids talk candidly about the ways in which their lives differ from societal norms and expectations—the good, the bad, and the unexpected.

From telemarketers to traffic jams to twenty-item shoppers in the ten-item line, our lives are full of interruptions. They're often aggravating, sometimes infuriating, and can make us want to tell people what we really think about them. But they also tell us something quite important about ourselves. The prophet Jonah's life was interrupted by a clear call of God that made him mad enough and scared enough to run in the completely opposite direction. Yet it wasn't really an interruption. It was an opportunity for Jonah to be involved in something the likes of which the Old Testament world had never seen: national revival in a Gentile country. What if Jonah had seen God's interruption for what it truly was—a divine intervention that held more adventure and possibility than any other thing he could have been doing at the time? What could have felt any better than being directly in the center of God's will? Yet we play it that same way—always running from major pains and minor problems that just don't seem to suit us at the time. Who knows what we're missing by being so interruption avoidant? In this very personal account of opportunities lost and lessons learned, popular conference speaker and author Priscilla Shirer shows how to embrace the amazing freedom and fulfillment that comes from going with God, even when He's going against your grain. .

Examines the rewards and challenges childfree adults face living in a world that celebrates traditional families, offering advice on how to cope with the pressure of friends and family to have children, taking advantage of leisure time, and financial considerations.

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Many women expect to become mothers but are childless through social rather than biological reasons – perhaps they haven't met the right person or they prioritised career or education earlier in life. Featuring international interviews by grief counsellor and researcher Lois Tonkin, this collection of first-person stories provides insight into the under-discussed situation of being childless by circumstance. Each story highlights the different aspects of being childless by circumstance, as women move through their 30s, 40s, and 50s, and beyond their ages of fertility. The book explores feelings of grief and loss, and also how women adapt positively to their changed life expectations, finding excitement in the alternative, rich and complex shapes their lives have taken.

In this gritty and honest memoir, Manterfield traces her spiraling route from rational 21st-century woman to desperate mama-wannabe and back. Hers is the story of a woman who escapes her addiction, not with a baby, but with her sanity, her marriage, and her sense-of-self intact.

When the best option is to let go of the life you planned for yourself and find a new path, a world of possibilities can surprisingly open up. Learn whether it is time to let go, and if so, how to move through your grief and find your way forward in *The Next Happy*. If you believe, you can do anything. Although well-meaning, these intended words of inspiration can make us feel like failures. The reality is that no matter how positive our outlook or how tenacious our approach, our dreams simply do not always come true—and there is nothing we can do about it. After multiple fertility treatments and years of hardship in her pursuit to have a child, Tracey Cleantis was forced to face this reality head-on. Yet, through this process and her work counseling hundreds of clients through the loss of their goals and aspirations, she discovered one simple truth: Sometimes there comes a time when the smartest, healthiest, and sanest thing to do is to let go of the original plan in order to find a new way forward toward happiness. And with this critical shift, a world of possibilities opens up to us. New, tangible dreams take shape. In *The Next Happy*, Cleantis offers a roadmap for that journey, teaching you how to face the possibility of letting go of a dream that isn't working, accept and face sadness, anger, and shame, understand the true reasons why you wanted what you wanted and the real-life causes for why you didn't get it, ask the questions that will let you move on and set realistic goals for finding a new way forward. With down-to-earth wisdom and humor, this enlightening counterpoint to the popular self-help notion to “follow your dream, no matter what it takes” provides the guidance and support to help you make the decision of whether it is time to give up an impossible dream, and if so, move through your grief, and discover the next happy.

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