

Break Through 12 Empty Nest Myths So That You Can Adopt New Truths And Live

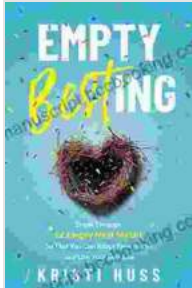
The empty nest: a time of both joy and sorrow, excitement and trepidation. For many parents, it can be a challenging time to adjust to a new normal. But it can also be a time of great opportunity.

In her new book, *Break Through 12 Empty Nest Myths: So That You Can Adopt New Truths And Live*, psychotherapist and author Dr. Nancy O'Hara offers a fresh perspective on the empty nest. She dispels 12 common myths about this life stage and provides practical advice for parents who are struggling to adjust.

1. **Myth:** I'll be bored now that my kids are gone. **Truth:** This is a time to explore new interests and passions. Take classes, travel, or volunteer. There are endless possibilities for how to fill your time.
2. **Myth:** I'll be lonely now that my kids are gone. **Truth:** You'll likely have more time to connect with your partner, friends, and family. Make a conscious effort to stay engaged with others.
3. **Myth:** My life has no purpose now that my kids are gone. **Truth:** You can find new purpose in your work, your hobbies, or your community. Volunteer your time, mentor a young person, or start a new business.
4. **Myth:** I'm too old for new adventures. **Truth:** Age is just a number. There's no reason to stop exploring and trying new things. Go on a hiking trip, take a dance class, or learn a new language.

5. **Myth:** I'll never be happy again now that my kids are gone.**Truth:** Happiness is a choice. You can choose to focus on the positive aspects of your life and find joy in the present moment.
6. **Myth:** I'm a failure as a parent because my kids are gone.**Truth:** You're not a failure. You've raised your children to be successful and independent. Be proud of the job you've done.
7. **Myth:** I'll never be able to adjust to the empty nest.**Truth:** It takes time to adjust to any major life change. Be patient with yourself and give yourself time to grieve the loss of your children's presence.
8. **Myth:** I'm all alone now that my kids are gone.**Truth:** You're not alone. There are many other parents who are going through the same thing. Seek out support from friends, family, or a therapist.
9. **Myth:** I'll never be able to find love again now that my kids are gone.**Truth:** There are plenty of fish in the sea! Get out there and start dating. You may be surprised at what you find.
10. **Myth:** I'll never be able to retire now that my kids are gone.**Truth:** You can still retire, even if you don't have children to help you financially. Start saving early and make wise investment decisions.
11. **Myth:** I'm too old to start over now that my kids are gone.**Truth:** It's never too late to start over. If you're unhappy with your current life, make some changes. Go back to school, change careers, or move to a new city.
12. **Myth:** I'll never be able to find fulfillment now that my kids are gone.**Truth:** Fulfillment can be found in many different places. Explore your interests, pursue your passions, and give back to your community.

Dr. O'Hara's book offers a compassionate and practical guide for parents who are struggling to adjust to the empty nest. She provides concrete strategies for breaking through the myths and adopting new truths.



Empty Nesting: Break Through 12 Empty Nest Myths So That You Can Adopt New Truths and Live Your Best

Life by Jim White

★★★★☆ 4.6 out of 5

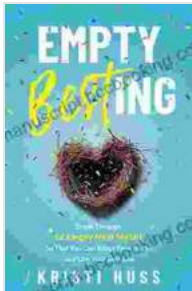
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If you're feeling lost or alone now that your kids are gone, *Break Through 12 Empty Nest Myths* can help you find your way. Dr. O'Hara's insights and advice will help you to:

- Grieve the loss of your children's presence in a healthy way
- Find new purpose and meaning in your life
- Reconnect with your partner, friends, and family
- Explore new interests and passions
- Live a happy and fulfilling life

Break Through 12 Empty Nest Myths is available now on Our Book Library.com.

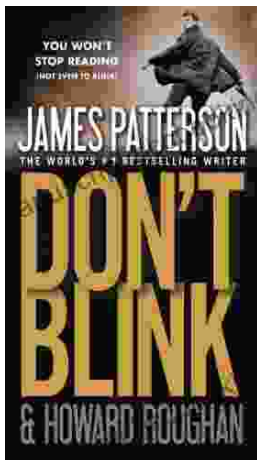


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