



Heart Hugs for Single Moms: 52 Devotions to Encourage You

Sandra P. Aldrich

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Experience healing from yesterday, help for today, and hope for a bright tomorrow

Being a mom is tough. Being a single mom is tougher still. A single mother of two, Sandra Aldrich knows firsthand the challenges and anxieties you face each day. In *Heart Hugs for Single Moms*, she offers you the encouragement you need, not just to survive but to thrive as a single mom.

In her winsome, conversational style, Sandra reminds you that you are not alone on the journey. Widowed, divorced, never married--no matter how you got here, God knew it would happen . . . and he is there beside you each and every day. Each devotion begins with Scripture, bolsters your spirit with practical advice and encouraging anecdotes, and ends with a prayer, questions for personal reflection, and room to record your thoughts, hopes, fears, and dreams.

Single mothering isn't easy. But with these regular heart hugs, you'll find that you *can* do it--and do it well.

"Oh, how I wish I'd had this book fourteen years ago! Sandra Aldrich sees straight into my heart and shares an honest, transparent look into her own life. She tackles the emotional, spiritual, financial, and parental challenges of single motherhood with reality, humor, and grace and provides a perfect blend of practical tips and warm encouragement."--**Mary Jo Tate**, author of *Flourish: Balance for Homeschool Moms*

Sandra P. Aldrich is a former senior editor of *Focus on the Family* magazine and was formerly associate editor of *Christian Herald*. She is the author of twenty-two books, including *Living through the Loss of Someone You Love*. Since she lost her husband to cancer, she has been helping others through the grief process with her writing, counseling, and seminars. Sandra lives in Colorado.

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