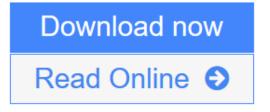


Single Parents Survival Guide: How to Cope With the Emotional Trauma of Bringing Up a Family Alone

Sandra Sedgbeer, Caroline Buchanan



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There are about one million single parents in Britain. For all those parents this guide is full of practical information and helpful suggestions to them cope. It supplies case histories of those who have been through it and found that single parents can also be happy.



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