



Barbara & Susan's Guide to the Empty Nest: Discovering New Purpose, Passion & Your Next Great Adventure

Barbara Rainey, Susan Yates

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You're done . . . but you're not finished! And one more thing. You're not alone. Feeling unsure? Scared? Expectant? Maybe even giddy? Is your nest empty--except for a bundle of mixed emotions? As you grieve what's behind and daydream about possibilities, you'll feel young again, ready for new challenges and adventures. Yet you may not know what to pursue or how to discover what's next. Many women in this season of life wonder: *Who am I now? And what should I do? How will my marriage be affected? Does anyone need me? How do I relate to my children? Is it okay to feel sad? Or thrilled? What's next?*

Barbara and Susan can be the friends you need to walk you through these new experiences. They'll guide you to answers, and together you'll discover a new purpose and passion for your next life adventure.

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