



Going Solo While Raising Children with Disabilities

Laura E. Marshak

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It's a fact that children with disabilities are more likely than other children to be living in single-parent homes. If you're raising a child with disabilities on your own--solo parenting--whether by choice or circumstance, you'll find a wealth of support, affirmation, and practical ideas in this guide to living well.

This is the first book for solo parents whose kids have a wide variety of disabilities (physical, neurodevelopmental, and psychiatric), and who are widowed, separated, divorced, single by choice, adoptive or foster parents, or military spouses with deployed partners.

In **Going Solo**, Laura Marshak skillfully weaves together extensive interviews and survey results of solo mothers and fathers (and grandparents, too) with reliable coping strategies gleaned from 25 years as a practicing psychologist and specialist in disability adjustment. The book's insightful personal narratives and the author's deconstruction of these to offer universal lessons--from the basic (e.g., practice mindfulness to de-stress) to the profound (e.g., cultivate gratitude as the antidote to resentment)--will help readers assess and transform their own lives for the better. Agencies, extended family, and friends will want a copy of this book, too, to support the solos they care about.

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