



## There and Back: A Journal Companion for Special Needs Parents

*Mary Lee Moser*

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# **There and Back: A Journal Companion for Special Needs Parents**

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## **There and Back: A Journal Companion for Special Needs Parents** Mary Lee Moser

This book would be a welcome gift for any special needs parent. "THERE AND BACK: A Journal Companion for Special Needs Parents" is a guide to therapeutic journal writing for parents of sons and daughters with disabilities, learning differences, or other challenges. It is designed to be as useful to the mother of a newborn with cerebral palsy as it is to the father of a son diagnosed with schizophrenia at age twenty-five. In this supportive resource that parents can turn to again and again, the ongoing emphasis is on self-care. The format is an "A-to-Z" collection of writing exercises, inspiring affirmations and quotes, and guidance from mothers and fathers who "have been there and back". It is designed to help parents take creative actions to enhance their own personal growth and freedom. Sample chapter titles are: "From Anger to Acceptance", "From Hindsight to Hope", and "From Vigilance to Vision". It's not necessary for the chapters to be read in sequence; the very best way to use this book is intuitively. There and Back is also valuable for professionals who work with parents. Each journal exercise is easily adaptable for use in support groups or individual counseling sessions.



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