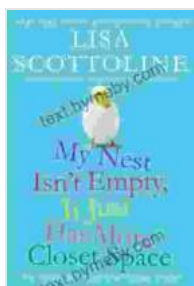


# My Nest Isn't Empty, It Just Has More Closet Space: A Guide to Empty Nesting with Grace and Humor



Empty nesting, the time when your children leave home for college or to start their own lives, can be a challenging transition for parents. You may feel a sense of loss, loneliness, and even boredom. But it's also an opportunity for a new chapter in your life, a time to rediscover yourself and your relationship with your partner.



## My Nest Isn't Empty, It Just Has More Closet Space: The Amazing Adventures of an Ordinary Woman

by Lisa Scottoline

★★★★☆ 4.4 out of 5

Language : English

File size : 1546 KB

Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 257 pages



In her new book, "My Nest Isn't Empty, It Just Has More Closet Space," author and empty nester Susan Wyner provides practical advice and emotional support for parents going through this transition. Wyner, a former journalist and mother of two, shares her own experiences with empty nesting, as well as the stories of other parents who have successfully navigated this stage of life.

With humor and compassion, Wyner addresses the challenges of empty nesting, including:

- \* Dealing with the loss of your children's daily presence
- \* Adjusting to a new routine
- \* Rediscovering your identity
- \* Coping with loneliness and boredom
- \* Strengthening your relationship with your partner

Wyner also offers practical tips for making the most of your empty nest, such as:

- \* Finding new hobbies and interests
- \* Volunteering or giving back to your community
- \* Traveling
- \* Spending more time with your partner
- \* Pursuing your own dreams

## **The Benefits of Empty Nesting**

While empty nesting can be a challenging transition, it can also be a time of great opportunity and growth. Here are some of the benefits of empty nesting:

\* **More time for yourself.** With your children out of the house, you'll have more time to do the things you enjoy, such as hobbies, travel, or spending time with friends. \* **A stronger relationship with your partner.** Without the distractions of children, you'll have more time to focus on your relationship with your partner. You can rediscover each other and build a stronger bond. \* **A new sense of freedom.** Empty nesting can give you a new sense of freedom and independence. You're no longer tied to your children's schedules and responsibilities, so you can make your own plans and live your life on your own terms. \* **A chance to pursue your own dreams.** If you've always dreamed of starting your own business, going back to school, or traveling the world, now is the time to make it happen.

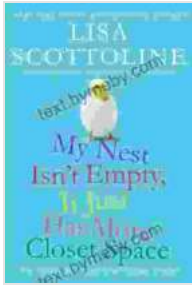
Empty nesting can be a challenging transition, but it's also an opportunity for a new chapter in your life. With the right mindset and a little planning, you can make the most of this time and enjoy the benefits of having an empty nest.

Susan Wyner's book, "My Nest Isn't Empty, It Just Has More Closet Space," is a valuable resource for parents going through this transition. Wyner's practical advice and emotional support will help you to navigate this stage of life with grace and humor.

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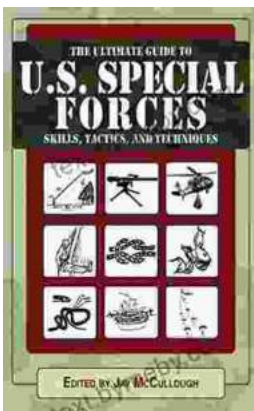


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