

THE *ZEN* OF
MIDLIFE MOTHERING

Compiled and Collected by Cyma Shapiro



Essays from MotheringInTheMiddle.com

Cyma Shapiro

The Zen of Midlife Mothering



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Talk about the triumphs, tragedies, losses and love of Midlife Mothers - ladies choosing motherhood over age group 40 for the first, repeat or last period. We include a handful of fathers as a nod to this increasingly popular tendency of "glory of new midlife mothers, and of those standing firmly set up as mothers today in mid-life. Moms,"Mr.The Zen of Midlife Mothering celebrates the heartbreak and This reserve features the depth, breadth and beauty of well-known and founded midlife mother-writers, up-and-coming writers, and the ones just finding their tone of voice(s). In this ever more popular trend of brand-new older parenting, these women do not talk about a collective awareness like many of their more youthful counterparts, but rather a rainbow of disparate and different voices representing a massive array of ages, life conditions and personal perspectives. and the ones selecting fatherhood at an age group previously enjoyed during pension.In the end, the perseverance, conviction, willpower, guidance, determination and a breaking down of all obstacles - financial, spiritual, psychological, physical and psychological - merely to become moms, prevails - all in the name of motherhood, family and love.



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Moving, enlightening, thought-provoking It's about time there was a book like this -- the group of women becoming moms later in life keeps growing, and this anthology really shows the spectrum of mothering (parenting) and mothers (or fathers) in this demographic. I believe this reserve is a declaration about the love all ladies have for his or her children, regardless of how they came together, and a testament to all of the forms such love can take. The stories helped me look beyond my very own midlife situation; "The Chicken Soup of the Soul" for Midlife Parenting and beyond! I am really honored to be among the contributing authors because of this unquestionably authentic compilation of stories. Like a "Poultry Soup for the Soul" for midlife parents, adoptive parents, or really, for any parent, the stories pull at your center and invite you some comic relief to know that you are not, actually, alone on this wild parenting journey! The publication allows the parent to understand that they are definitely not only in the 'making errors' department, or the 'not really really knowing what things to do' sometimes. Fundamentally, it's a valuable sharing from people as if you and me, who are carrying out our best and who have our hearts in the right place. We love our children! I read this publication from cover to cover! Her publication will be a great addition to the reserve shelf of all parents. This is, partly, a book for everyone approaching midlife. Its wide-period ranges from the tragedy of infertility, domestic adoption, lesbian and gay adoption, and single males getting parents. As Lori Pelikan Strobel expresses her "reset button" in "Mom-On-Demand," by writing, "I am still mom, now and forever, as I sit within my office trying to figure out where my life is headed." Doesn't Lori communicate everyone's midlife quest? As a 52-year-old mother of six - yours, mine and ours - it was refreshing to learn others' stories and, know how connected we have been! Cyma Shapiro's company of these essays contributes to the power of the book. That is a very powerful reserve. I congratulate Cyma Shapiro for her collection of amazing and actual stories that require to find out giving hope and guarantee to the mothers and fathers who yearn to possess a family. This reserve starts with a beautiful, heartfelt poem by Rachel Snyder and ends with a useful reference section filled up with practical information. This is a MUST Go through book for everyone in middle-life. The joy and support shines through! Cyma Shapiro deserves much compliment for gathering and editing these varied views. In so doing she provides us with a prismatic appearance at a topic of increasing relevance to society in general because it targets the reality experienced by so many women today. Excellent!. Many of their written terms, validated what I might have felt for many years. My daughter is currently 23 yrs . old and every day Personally i think so blessed. I came across myself thinking, I know just how these moms experience. Together, the stories make up a kind of community to which you are able to feel a belonging. I have found I return back and go through some experiences that I could relate to or I simply found interesting. Excellent reserve! This collection runs the gamut of mothering in every its forms and varieties-the essays tug at heartstrings, and help to keep the totality of being a parent in its joyous state. So evocative! and also the few that didn't experienced something to contribute (in their honesty) to the larger fabric of mid-life parenting. A Rainbow of love Ms.Shapiro's beautiful publication brought all my emotions, memories and love to the forefront when We reflected on the birth of my wonderful son almost twenty six years ago. This is an absolute must have book for Everywoman. Mine can be an "suggestions" piece on diet for fertility, in the end, and not one of the direct voices on actually being truly a mid-life mom, which I (mostly) write of here.Shapiro will write publication number two. Beautiful Collection of Diverse Voices This book is a beautiful assortment of diverse voices and stories on midlife mothering (those who adopt or give birth to children at 40+) . Parents reveal their triumphs, fears, and joys; they give advice; and many of all, they tell their truths! This book was quite a while coming, I am therefore glad it had been presented in that caring, honest and genuine way. Nothing at all trumps the power of love.) Like within a community, not

absolutely all the tales resonated with me, but most did; Well written. I look forward to reading more about midlife motherhood, in books and online. they underscored my joy and alleviated my own fears. Also, all the stories are short, just 2 or 3 pages lengthy, making them "bite-sized" and an easy task to digest. All individual emotions are palpable reading the stories that stir us all. A Wonderful Compendium The various perspectives of the contributors make this volume fascinating. I would recommend this book to whoever has a center and needs it to be filled with love, life's most valuable gift. Hope Ms. The different tales and scenarios are useful and a little something for everyone. Pretty Good Read I actually thought this was a good book. A beautiful book to have close by for all mothers, regardless of age A sigh of relief.. As an adoptive mom I could definitely relate to a few of the experiences of the mothers. The Zen raises essential universal questions, makes all of us reflect on our have lives and offers practical advice. As we journey through motherhood, collectively, these stories evoked emotions of joy, humor, recognition, compassion, and sensitivity to others. Thank you, Cyma Shapiro! My wish is that the inspiration in these stories will be a continual reminder about the truth of life, as it occurs to us. For me, this is a reserve that I'll have to maintain rereading to remind myself that I'm not by yourself. E. Cyma Shapiro offers collected and extracted tales that are riveting, profound, heartfelt and gut wrenching. Walker THE ENERGY of Love The Zen of Midlife Mothering is finally here! Personally i think this book is a must-read for any mid-life mom (or dad), and anyone considering becoming 1. (As a mid-lifer, you aren't alone! We are all connected seeking just one thing, a family. The stories take us through pain, loss, bliss, heartache and eventually triumph. It rescues folks from emotions of isolation and despair. Note: It ought to be noted that I have a tale in this collection, but that's not why I'm writing this review. Audrey B Carlson



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