



# **Empty Nesting...BEFORE the nest is empty?: Navigating the 'tween' years with your heart in tact**

*Alyssa Strong*

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## Empty Nesting...BEFORE the nest is empty?: Navigating the 'tween' years with your heart in tact

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This heartfelt journey is one mothers exploration of raw and unexpected emotions and experiences while navigating the pre-teen and teen years with her only daughter. The traditional "empty nest syndrome" is a valid and well-received issue for parents of young adults who are moving away. But, what about the years leading up to the empty nest? You are invited to explore your emotions, learn new ways of coping and grow in your faith through reflection, prayer and perseverance. What you are experiencing is real and we can get through this together.

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