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Synopsis Books:

The crash and burn of a helicopter mom! Soap writer Dena Higley was all things to all people. A wife, mother of four, and head writer for *Days of Our Lives*, Dena ably hovered over the numerous people and responsibilities in her life, eager to right every wrong and fulfill every need. But when her very normal family began to spiral out of control, Dena soon became the central character in her own real-life drama, and a night spent in the ER made her realize that her pursuit of perfection was backfiring big time. *Momaholic* is Denas storybut it could well be your own. Told with honesty, warmth, and humor, this is one mothers story of learning how to let go in order to discover a freedom for herself and her family that she never imagined possible. helicopter parenting (noun): the act of hovering over ones children, anticipating and meeting their every need; may or may not include cleaning up after said children, helping with homework, and presiding over numerous social activities; this method of childrearing is often defined by grumpy, needy children and overworked, exhausted moms; declared a national epidemic by The Association for Tired Parents.

Tags

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