

Booklist

Advanced Review – Uncorrected Proof

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The Power of Presence: Be a Voice in Your Child's Ear Even When You're Not with Them.

By Joy Thomas Moore

Sept. 2018. 304p. Grand Central/Life & Style, \$26 (9781538743805); e-book, \$13.99 (9781538743812).
649

Moore never envisioned herself taking on the title of single mother once, let alone three times. With three marriages ending, “twice by choice and once by tragedy,” Moore learned how to survive and, eventually, thrive on her own. Here she shares her tumultuous parenting journey alongside stories from other single mothers who overcame similar obstacles. Each chapter imparts wisdom and advice that can benefit all caregivers, as Moore details her seven pillars of presence: presence of mind, heart, faith, courage, resources, connectedness, and values. Moore believes all parents can learn from single mothers who are “teachers of resiliency, experts in resourcefulness, vessels of values, keepers of culture, and masters of mindfulness.” As the mother of three very successful children, it is clear Moore pours her heart and soul into this book, making for a truly inspirational and simultaneously grounding read. She reminds parents that being present in the moment with their children is still the most essential tool for raising happy, well-rounded, hardworking, and kind adults.

— *Melissa Norstedt*