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# MOMAHOLIC: Confessions of a Helicopter Parent

Von Dena Higley

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## Momaholic

CRAZY CONFESSIONS  
OF A HELICOPTER PARENT

DENA HIGLEY

A True Saga from a Mom  
who also happens to write  
Television Drama

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**Von Dena Higley : MOMAHOLIC: Confessions of a Helicopter Parent** before purchasing it in order to gage whether or not it would be worth my time, and all praised MOMAHOLIC: Confessions of a Helicopter Parent:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Not quite what you expect, but still a good readVon blessedA wife, mother of four, and head writer for long-running soap opera Days of Our Lives, Dena Higley hovered over the people and responsibilities in her life. She was eager to right every wrong and fulfil every need. And then her model family began spiralling out of control After a night spent in the

ER, Dena quickly realized that she was actually failing in her pursuit of perfection. In *Momaholic: Crazy Confessions of a Helicopter Parent*, Dena shares her story of how she learned to let go in order to gain a freedom for herself and her family she never thought possible. But it was a lesson she had to learn the hard way. When I first started reading *Momaholic* I found myself wondering whether this really was a Christian book. You'll know what I mean when you read the book. If nothing else, I carried on reading to find out. Dena Higley tells her story with warmth, humour and often brutal honesty. She is very frank about parts of her and her family's lives that most people would probably want to keep quiet about. It was refreshing and encouraging to read of her journey the good, the bad and the ugly and how she learned to let go and trust God more. The title gives the impression this is a book about helicopter parenting when it is actually more of a personal story of one mom's life, who happened to be a helicopter parent. So it might not be for everyone but you certainly don't need to know who Dena Higley is or to have watched the soap operas she wrote for to take something away from this book. I am glad I read it. Disclosure of Material Connection: I received this book free from the publisher through the BookSneeze.com book review bloggers programme. I was not required to write a positive review. The opinions I have expressed are my own.

Kurzbeschreibung Every mom has felt the need to be perfect. MOMAHOLIC is one woman's private, dramatic, and often comical invitation to peek inside a time in her life where everything fell apart and she had to take an honest look at what she was doing right and what she'd been doing terribly wrong. With this simple discovery, her whacky family's season of becoming unraveled found a new glue (other than her blood, sweat and tears) that would re-bond her family and unite them in a deeper and more functional way than ever before. The real life characters: A MOM who is literally the head writer of a network soap opera at work and at home A HUSBAND who expects perfection from his kids and his wife, but who has the wisdom to know he's being unrealistic and yet, can't help but scratch his head in frustration as his family's troubles seem to spiral out of his control An autistic SON A popular DAUGHTER who is suddenly pregnant An ADOPTED DAUGHTER pulled from the jungles of Vietnam with no leg below the right knee and fingers fused together An ADOPTED SON from Ethiopia, rescued from the streets at the age of 9. This is a story showing the speed with which a normal family can fall apart. No one dies. No one gets kidnapped. They just have to deal with each of their own issues. and then one unwanted and unplanned pregnancy. This was a church-going family whose kids were taught abstinence until marriage. With the family running around as the tornado sirens roared warnings to take cover, mother, Miss Drama, becomes the biggest mess of all and ends up finding a whole new freedom for her soul.