

The Single Woman's Guide to a Happy Pregnancy **By Mari Gallion**

As reviewed by *New York Times* best-selling author Ellen Tanner Marsh.

Being pregnant isn't always easy, but when you're a single mother, it can sometimes be overwhelming. Whether you are pro-choice or pro-life, deciding to have your baby by yourself can mean navigating rough, uncertain waters. Society can make you feel as though you are somehow inadequate or incapable—or even that you are somehow tearing apart the “normal” framework of what a family is supposed to be. What's a single pregnant woman to do?

My advice is to reach for Mari Gallion's warm, informative and supportive new book, *The Single Woman's Guide to a Happy Pregnancy*. A single mother herself, Gallion not only challenges and puts to rest those dusty old beliefs about single motherhood, she empowers single mothers by giving them the support, information and road maps they need to lead happy, productive lives.

Full of personal anecdotes, Gallion's book speaks from the heart and shows how she created the life she wanted for herself and her baby. Her informative guide is crammed with invaluable advice on how single mothers can weigh their options and make good choices. Where should you live, and should you take in roommates? What baby paraphernalia can you do without, and what shouldn't you skimp on? Who can you turn to for support?

Along with practical step-by-step guidance about finances, career and personal fulfillment, Gallion suggests meditations for dealing with anxiety and embracing your future. A single mother's life can be rewarding if you know what rules to break, Gallion adds, and if you can figure out what you want without giving in to what society thinks you should or shouldn't have. Accentuate the positive and glory in yourself and your child, she suggests. By figuring out what is important to you and knowing how to get it, your personal success is guaranteed.