

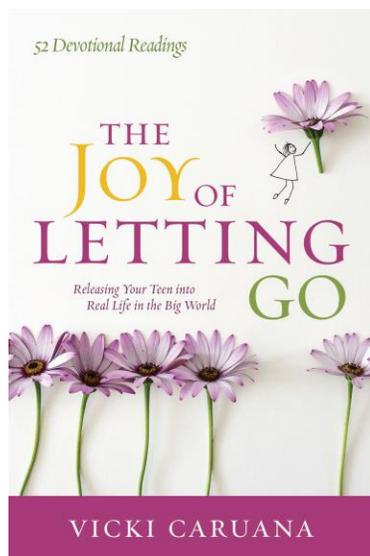
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The Joy of Letting Go

A mother on Facebook posted: *My "baby" just passed his driver's license test a few minutes ago. Between this and yesterday's college visit, I am a wreck. He isn't REALLY becoming independent... he needs me... REALLY!*



Most moms, even those with dynamic lives apart from parenting, find themselves experiencing surprising emotions when it comes to letting go of their children. It happens in stages. Some milestones are obvious—first day of kindergarten, high school graduation, permanently moving out of the family home, getting married. But the letting go really happens day-by-day over two decades or more.

When the big milestones hit, moms need encouragement. *The Joy of Letting Go* offers brief daily readings of encouragement about children's journey toward independence, and the unique emotional hurdles parents must face.

The nest didn't suddenly become empty without notice; it was built one twig at a time to foster flight. Today's parents need to know that it's okay to let go and that letting go is a responsible, life-giving act for their children. This book enables parents to enable their children.

"Letting go of our kids is a process, one that began the day they joined our families," says Caruana. "*The Joy of Letting Go* shine a light on all the times readers have loosened their grip—and encourages them to continue to let go in a safe and life-giving way."

The Joy of Letting Go combines anecdotes, parenting advice and encouragement in 52 devotional-style readings approximately 500 words in length that focus on dealing with separation:

- At home
- At school
- In life
- Relational separation
- Emotional separation
- Spiritual or philosophical separation
- Physical separation

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Each reading also includes an inspirational quote and reflection (called Thought Pokes) for the reader to ponder, apply, and act on during their own journey.



Author **Dr. Vicki Caruana** is known to parents and educators as an inspirational writer and speaker, having published 20 books with total sales of over 900,000. Her 1998 best-selling book *Apples & Chalkdust* touched the lives of a million educators worldwide and continues to inspire teachers today.

Vicki has been a parenting expert with Focus on the Family and one of four recognized parenting experts on Starting Points, Focus on the Family's parenting DVD series. She has encouraged parents at homeschooling conferences, parenting events, and as an invited guest to numerous radio and television programs. Vicki has maintained her popular Apples & Chalkdust blog for more than ten years and has permeated social media outlets with her messages of hope for parents and teachers.

<https://vickicarwana.net>
[Facebook](#)
[Twitter](#)

“Our hearts are always connected to our children, whether they are four or forty. In these fifty-two devotions, Vicki Caruana beautifully shows us that cutting the apron strings doesn't mean cutting the heart strings. This journey of letting go can be life-giving—for you and your children.”
- **Jill Savage, founder of Hearts at Home and author of *No More Perfect Kids***

“Vicki lovingly mixes her sense of humor, wisdom, and insights together in such a way that I know my friends will love this devotional as much as I do. Even though my own children are forty, thirty-eight, and thirty-seven, and I have a grandson in the Air Force, the challenge to find joy in the letting go remains. This devotional helps moms of all ages do just that. I'll be picking up multiple copies as gifts.” - **Francine Rivers, author of *Redeeming Love***

transforming lives together

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The logo for David Cook features the name "David Cook" in a bold, sans-serif font. The letter "C" in "Cook" is a large, stylized, light gray circle with a smaller, solid gold circle inside it, creating a target-like effect. A registered trademark symbol (®) is positioned to the upper right of the name.

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Suggested Interview Questions for Vicki Caruana, author of *The Joy of Letting Go*

1. How did the idea of *The Joy of Letting Go* come about? Was it drawn from your own experience of letting your children go?
2. The prospect of an empty nest is supposed to be a good thing, so why do you think so many mothers are doing everything they can to delay it?
3. For parents going through separation for the first time, what are the ways we can remain connected to our children?
4. What is your favorite scripture verse to help with finding joy in letting go?
5. Why did you decide to structure *The Joy of Letting Go* into 52 devotions?
6. How can we prepare our children for things like managing time and basic life skills so they are prepared for the natural consequences of their decisions?
7. How do we know to let go of our plans for our children so they can embrace their own?
8. As parents, what are some ways we can prepare for our child's independence?
9. What is one of the most effective ways to teach problem-solving skills that will last a lifetime?
10. What is the top thing you want parents to know about letting go?