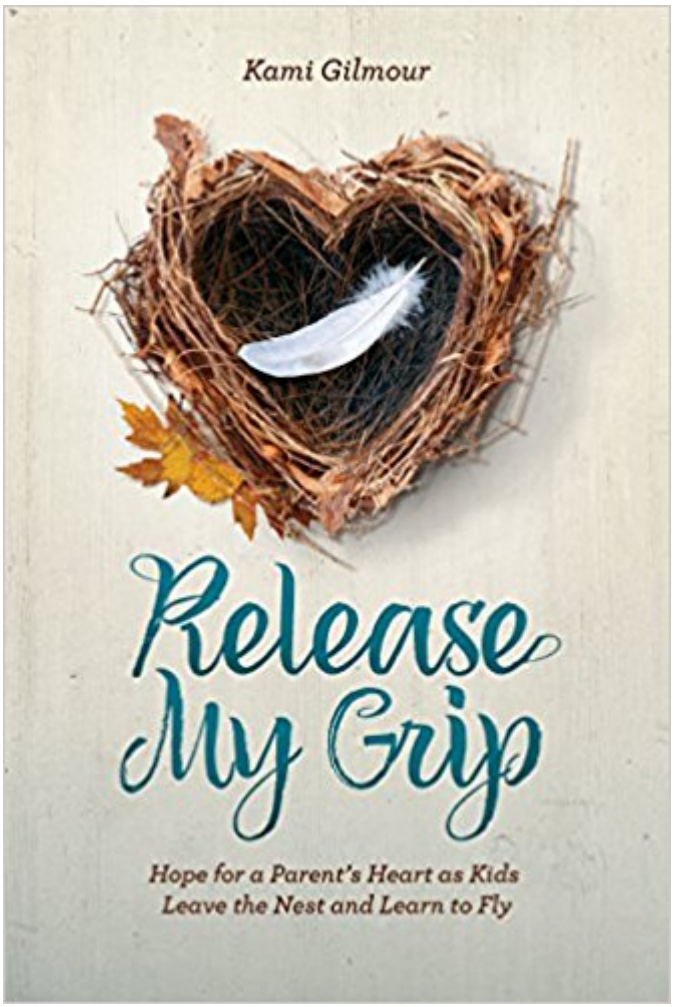
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Release My Grip: Hope For A Parent’s Heart As Kids Leave The Nest And Learn To Fly



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Synopsis

Saying goodbye to a child as they leave the nest and learn to fly ushers parents into an emotional time of grief, joy and nostalgia. Release My Grip, by popular blogger Kami Gilmour, offers inspiration and practical insight as she reveals the surprising truth she learned while knee-deep in this sacred season of parenthood. Often humorous and always honest and hope-filled, these stories have equipped and encouraged the hearts of millions on the popular SoulFeed blog. In this keepsake book, youÃ¢â ¬â„¢ll discover how this time can be fertile ground for deepening your relationship with Jesus. YouÃ¢â ¬â„¢ll also gain the practical tools you need to help you pause, reflect, and capture the words on your heart during your own unique journey as a parent of a young adult fledglingÃ¢â ¬â •from high school graduation through the years that follow. With every chapter of Release My Grip, youÃ¢â ¬â„¢ll find: Ã Â Ã¢â ¬Â¢ Compelling reflection questions that draw you into the peace of GodÃ¢â ¬â„¢s presence and promise, gently shifting your focus from the loss you feel to the richness and hope of a new season thatÃ¢â ¬â„¢s just beginning. Ã¢â ¬Â¢ Relevant Scriptures to ponderÃ¢â ¬â •words that reveal GodÃ¢â ¬â„¢s heart, bringing relief and hope in the midst of wondering and worrying. Ã¢â ¬Â¢ Practical challenges that help you adjust to the rhythm of lifeÃ¢â ¬â„¢s Ã¢â ¬Å“new normalÃ¢â ¬Â• and maintain meaningful connection with your young adult child. Ã¢â ¬Â¢ Journaling spaces that make it easy to capture your letting-go journey as it unfolds, making this book a treasured keepsake to reflect back upon.

Book Information

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Customer Reviews

View larger

View larger Release My Grip When mom Kami Gilmour wrote her first blog post in 2015 about the bittersweet joy of sending her daughter off to college, she promptly received a flood of personal notes from other parents in the same boat. Encouraged that she wasn't alone, Kami continued to publish posts chronicling her personal faith journey through 'the season of letting go' on the SoulFeed blog, leading to millions of social shares and visits and thousands of connections within a blossoming community of fellow parents. Gleaned from her most popular posts plus additional new practical insights, Release My Grip was born out of this community and includes Kami's best encouragement for parents as their kids leave the nest and learn to fly. Full of humor and faith, Kami reminds readers that graduation isn't the finish line of parenting, but rather a passage into a joyful new beginning.

With Every Chapter of Release My Grip, You'll Find: View larger View larger View larger View larger Compelling reflection questions that draw you into the peace of GodÃƒÂ¢Ã â ¬Ã â„¢s presence and shift your focus from the loss you feel to the hope of a new season thatÃƒÂ¢Ã â ¬Ã â„¢s beginning. Relevant scriptures to ponderÃƒÂ¢Ã â ¬Ã â •words that reveal GodÃƒÂ¢Ã â ¬Ã â„¢s heart, bringing relief and hope in the midst of wondering and worrying. Practical challenges that help you adjust to the rhythm of lifeÃƒÂ¢Ã â ¬Ã â„¢s 'new normal' and maintain meaningful connection with your young adult child. Journaling spaces that make it easy to capture your letting-go journey as it unfolds, making this book a treasured keepsake to reflect back upon.

A Note from Kami The stories in this book are a collection of 'aha' moments I journaled while standing knee-deep in the season of releasing my grip as my daughter left the nest, followed by my son a few years later. I hope the experiences I'm sharing with you offer encouragement, hope, and the wisdom learned in hindsight. (And if you're feeling like an imperfect mother, at least you'll realize you've got company!) Follow more of my stories on Lifetree's SoulFeed Blog.

As a mom of three kids who are in various stages of leaving the nest, returning to the nest, and then leaving again, I canÃƒÂ¢Ã â ¬Ã â„¢t tell you how much this book encouraged me. The range of emotions moms experience during this time of releasing their kids to the next phase of their lives is complex and often unsettling. Kami touched on everything I was feeling with humor, insight,

honesty, and the wisdom only a mom whoÃƒÂ¢Ã â ¬Ã â„¢s been through this process would understand. I found myself chuckling and nodding with understanding while reading about KamiÃƒÂ¢Ã â ¬Ã â„¢s kidsÃƒÂ¢Ã â ¬Ã â„¢ escapades, and I found myself tearing up at KamiÃƒÂ¢Ã â ¬Ã â„¢s realization that her own mother misses her, too, even all these years later. I finished the book feeling much more peaceful and hopeful, and it did my heart good to know that IÃƒÂ¢Ã â ¬Ã â„¢m not alone in this season of life. Thanks, Kami, for putting into words what every mom of not-quite-yet-adult kids needs to hear.

This book was incredibly helpful as I wrestled with my changing role as a mother. Her wise words, guidance, and understanding are just what I needed to take a step back and allow God to take the lead (something I should have been doing all along). I recommend this book for anyone who finds themselves in the role of parenting young adults.

When my son and daughter went off to college, I was totally unprepared for the wave of deep loss and emotion that I experienced. I wished someone who really understood what I was going through could give me heartfelt wisdom on how to handle this next phase of my life as a dad. I needed help with grieving and processing this enormous change in my life. Release My Grip has captured the highs and lows that nobody really talks about when your kids leave home. Release My Grip should be mandatory reading for dads who have been ÃƒÂ¢Ã â ¬Ã Å“all inÃƒÂ¢Ã â ¬Ã Â• for fatherhood and the punch in the gut that you feel when your kids walk out the door. My advice is grieve, cry, and read Release My Grip!

LaughingÃƒÂ¢Ã â ¬Ã Â| cryingÃƒÂ¢Ã â ¬Ã Â|tears running down my face! IÃƒÂ¢Ã â ¬Ã â„¢ve had to face the hard truth that letting go of my teenage children is not easy. Release My Grip meets me in this difficult truth and ministers to this mamaÃƒÂ¢Ã â ¬Ã â„¢s heart, reminding me (sometimes in laugh-out-loud ways) that God is walking right beside me in this crazy time.

Release My Grip is a wonderful journey into the authorÃƒÂ¢Ã â ¬Ã â„¢s very relatable and often highly emotional roller coaster ride of letting go. Having already sent two kids off to college and preparing to send two more, IÃƒÂ¢Ã â ¬Ã â„¢ve definitely become more adept at not only understanding my own emotions but also finding joy in the relationships that I now have with my adult kids. If only Release My Grip had been available back before IÃƒÂ¢Ã â ¬Ã â„¢d found myself tearfully sitting in my oldest daughterÃƒÂ¢Ã â ¬Ã â„¢s empty room feeling completely helpless as

she excitedly traipsed off into the wilds of real life.

Arrived quickly and brought tearful tears of thanks from the parents who received it later that week as gifts.

Super helpful for preparing to send your child away to college

As a mom of a teenager, I'm already dreading the time when she leaves the nest. This book gives me such hope and encouragement for the future!Thank you, Kami, for sharing your struggles, grief, and revelations through humor and touching transparency.

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