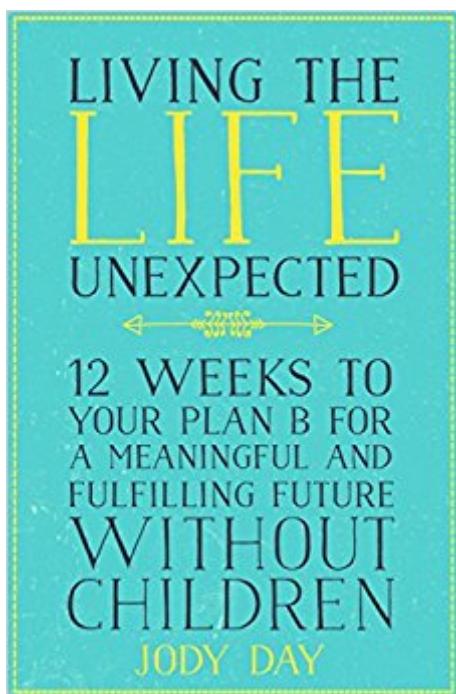


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# Living The Life Unexpected: 12 Weeks To Your Plan B For A Meaningful And Fulfilling Future Without Children



## **Synopsis**

Across the globe, millions of women are reaching their mid-forties without having had a child. Although some are child-free by choice, many others are childless by circumstance and are struggling in a life they didn't foresee. Most people think that women without children either "couldn't" or "didn't want to" be mothers. The truth is much more complex. Jody Day would have liked to have had children, but it didn't work out that way. At the age of 44 she realized that her quest to be a mother was at an end. She presumed that she was through the toughest part, but over the next couple of years she was hit by waves of grief, despair and isolation. Eventually she found her way and created the Gateway Women Network, helping many thousands of women worldwide. Here she addresses the taboo of childlessness and provides a powerful, practical 12-week guide to help women come to terms with their grief, and to move on to live creative, happy, meaningful, and fulfilling lives without children. Previously titled Rocking the Life Unexpected, this inspiring and practical guide to a life without children has been extensively revised and updated, and includes significant additional content including extracts from the stories of 24 women and two men from around the world.

## **Book Information**

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## **Customer Reviews**

Jody Day is a trainee psychotherapist, a former fellow in Social Innovation at Cambridge Judge Business School, Cambridge University, and founder of Gateway Women, the global friendship and support network for childless women. She lives in London with her cat.

The first time I opened this book was the first time that I felt understood as a childless woman. Each time I read this book, I learn something new, or I feel like I grow in some way. This book is better than therapy and I think that it should be required reading for all therapists and doctors who don't seem to have a clue about the lives, emotions and journeys of many childless women. Jody totally gets it, even though her childless journey is very different than mine. What I love about this book is that regardless of how you got here, she makes you feel understood and no longer invisible. She is also a great writer. This book is a gem!

No one talked about this churning, emotional, roller coaster when you expected to be a parent and it doesn't happen. Not even the experts. Jody did. Thankfully! She shares her story and I heard my story in it. I heard of women like me, bright, intelligent proactive women for whom life didn't turn out as planned, hoped for or dreamed of. And then I met these amazing women. Before there was nothing, a darkness. Now there is this hope of life, with dreams and fun. A different life and one I love. I benefitted immensely. You will too. Buy it, gift it, share it. I want to tell everyone! This book is truly life transforming.

For those experiencing the grief of childlessness, this is an essential resource, one that will help you realize that you are not alone in your pain and that will give you the tools to construct a new vision for your life.

Great book - I love that there are people out there who understand my story!

I couldn't recommend this book more highly. It's a must-read for childless women.

Essential reading to make the journey through your grief to the other side and an abundant life ready for the living. Gateway and Jody's book saved me.

A must have book for all women that wanted children but for whatever reason couldn't. Jody Day takes the reader through their grief, debunks societal views of childless women, and dares us to dream again & live a fulfilling life!

As a Not Grandma by Chance, this captured my grief as well. We are collateral damage of chance and choice made by others. I identified with the stories and "otherness" of my group.

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