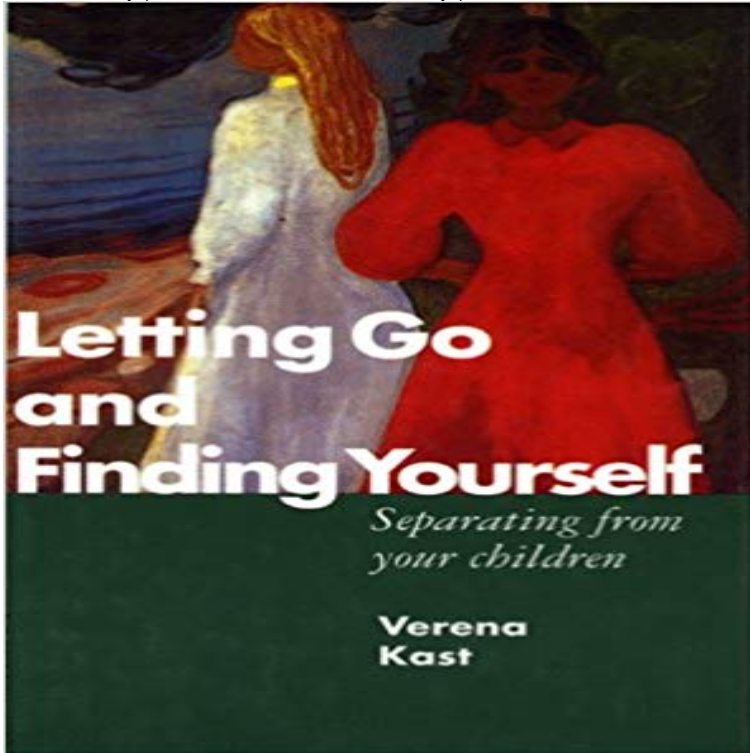


Letting Go and Finding Yourself



Letting go and (re)discovering oneself is a central question for parents when their children leave home. A new phase of life begins, bringing with it complex and varied feelings. This text helps parents deal with their new identity, free of parental duties, with a focus on the process of "loss".

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