



Learned Helplessness: The 21st Century Affliction of Single Parents

D. Rolf Long

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Have you, as an individual ever wondered how life as a single parent really is? Does your curiosity encourage you to seek the truth and realism about single parent families and their lives? Does your empathy create a guilt that would leave other knowledge behind. This book is a collection of true accounts of personal, social and political experiences that in turn encompass 'unrest'. Within this book the reader will gain answers to many questions that would otherwise be left unsaid. The main purpose of this book is to educate readers about the love, courage, struggle and helplessness every 'valid' single parent has experienced. A courageous and consistent battle that is at times so raw, the general public will be loathed to ignore. The Author states the book is 'long overdue' and offers an ability to bring freedom to much anxiety and frustration that living with social disability can create. The book offers a clear and literary message which is offered as a gift to pass on, develop and grow within a very real, very present single parent status.

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