

SINGLED OUT

**Practical Wisdom and Guidance for Single Parents
Navigating Life and Entrepreneurship**

"Self-compassion is not about ignoring our flaws or making excuses for our actions. Rather, it is about accepting ourselves unconditionally, flaws and all." – Veronica White

"Singled Out" delivers practical strategies and actionable guidance to empower single parents managing both personal challenges and professional aspirations with resilience and grace. This guide combines personal stories of overcoming adversity with effective strategies for balancing family life and entrepreneurial pursuits. It's more than a book—it's a roadmap to resilience, self-compassion, and success, tailored for anyone navigating the complex paths of single parenthood and business.



Veronica's resilience, shaped by early life challenges in Chicago, fueled her passion for entrepreneurship and community support. Completing her master's degree in accounting and financial management, she navigated the complexities of single parenthood while advancing her career, turning personal adversity into a catalyst for community engagement. Today, as a successful entrepreneur, she continues to expand her ventures and philanthropic

efforts through her nonprofit, "Help From A Sister," and enriches the community further with her popular podcast. Her journey exemplifies the power of resilience, community engagement, and self-compassion, inspiring others to overcome and thrive amidst life's challenges.

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