

# Single Parents Get Their Own Book. At Last.



*“Hankin, a business consultant and single parent, and Ames, a family therapist, debut with an ambitious guide to single-parenting... gives readers plenty of ideas for forming their own single-parenting blueprints. This will be a boon to readers looking for new approaches to solo parenting.”*

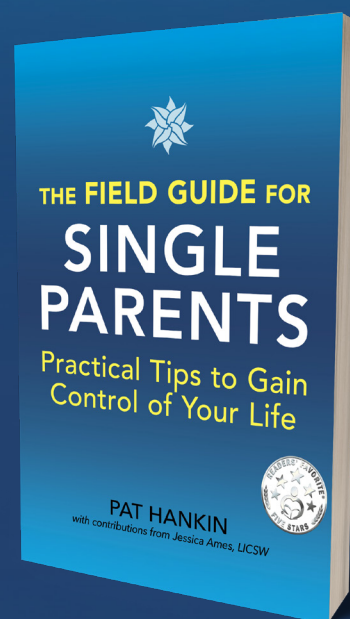
—PUBLISHERS WEEKLY

*The Field Guide for Single Parents* is a comprehensive and absorbing guide delivers real single parent help—an antidote to parenting books that overlook the realities faced by families led by solo parents.

Grounded in facts, it replaces generic self-help advice with practical, actionable support for those seeking meaningful parenting advice.

In *The Field Guide for Single Parents*, readers learn...

- ✓ How to stay grounded and (relatively) sane as a solo parent.
- ✓ Time-saving strategies that actually work.
- ✓ Realistic approaches to budgeting and managing money.
- ✓ Tools for navigating tough relationships—with kids, the ex, or oneself.
- ✓ Decision-making frameworks for the short and long term.



## **The Field Guide for Single Parents: Practical Tips to Gain Control of Your Life**

**Author:** Pat Hankin (with contributions from Jessica Ames, LICSW)

**Publisher:** Bold Bound Media, LLC

**Publication Date:** November 2025

**FAMILY & RELATIONSHIPS / Parenting / Single Parent**

**ISBN:** 979-8-9927693-0-2 (paperback)

979-8-9927693-1-9 (hardcover)

**Binding:** Paperback & Hardback

**Page Count:** 375

**Retail Price:** \$24.95 / \$29.95



Pat Hankin is a single parent and business professional who raised her daughter—now a scientist—while navigating the demands of solo parenting. A longtime member of an online parenting community of over 470,000, Pat became known for her expert parenting advice. When she realized how often the same questions kept surfacing, she set out to create the book she wished she'd had: a fact-based, no-fluff guide for single parents.

*The Field Guide for Single Parents* blends her lived experience with real-world business expertise in finance, time management, and support systems, offering trustworthy parenting advice rooted in both personal and professional wisdom.

[WWW.PATHANKIN.COM](http://WWW.PATHANKIN.COM)

[PAT@PATHANKIN.COM](mailto:PAT@PATHANKIN.COM)