

Pick of the paperbacks

The Empty Nest

By Celia Dodd

It's a difficult time for any parent, or grandparent for that matter, when their beloved offspring up sticks and leave home. This useful guide to what is known as 'empty nest syndrome' focuses on the positives and looks at how to make the most of this new and exciting chapter in the lives of both parents and children.

Published by Piatkus

Price £12.99

Pages 256

ISBN 9780749953867