



How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over

By Theo Pauline Nestor



Download



Read Online



Get Print Book

How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over By Theo Pauline Nestor

“I feel like I’ve joined an enormous club, something like the Veterans of Foreign Wars. We are weary with battle fatigue and sometimes even gripped by nostalgia for the good old, bad old days, but our numbers are large,” writes Theo Pauline Nestor in this wry, fiercely honest chronicle of life after divorce.

Less than an hour after confronting her husband over his massive gambling losses, Theo banishes him from their home forever. With two young daughters to support and her life as a stay-at-home mother at an abrupt end, Nestor finds herself slipping from “middle-class grace” as she attends a court-ordered custody class, stumbles through job interviews, and—much to her surprise—falls in love once again. As Theo rebuilds her life and recovers her sense of self, she’s forced to confront her own family’s legacy of divorce. “I’m from a long line of stock market speculators, artists of unmarketable talents, and alcoholics,” writes Nestor. “The higher, harder road is not our road. We move, we divorce, we drink, or we disappear.”

Nestor’s journey takes her deep into her family’s past, to a tiny village in Mexico, where she discovers the truth about how her sister ended up living in a convent there after their parents divorced in the early sixties. What she learns ultimately brings her closer to understanding her own divorce and its impact on her two daughters. “I knew from experience that for children divorce means half the world is constantly eclipsed. When you’re with one parent, the other must always slip out of view,” Nestor writes.

Funny, openhearted, and brave, *How to Sleep Alone in a King-Size Bed* will speak to anyone who has passed through the halls of divorce court or risked tenderness after loss. It marks the debut of an enchanting, deeply truthful voice.

From the Hardcover edition.



[Download How to Sleep Alone in a King-Size Bed: A Memoir of ...pdf](#)



[Read Online How to Sleep Alone in a King-Size Bed: A Memoir ...pdf](#)

How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over

By Theo Pauline Nestor

How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over By Theo Pauline Nestor

"I feel like I've joined an enormous club, something like the Veterans of Foreign Wars. We are weary with battle fatigue and sometimes even gripped by nostalgia for the good old, bad old days, but our numbers are large," writes Theo Pauline Nestor in this wry, fiercely honest chronicle of life after divorce.

Less than an hour after confronting her husband over his massive gambling losses, Theo banishes him from their home forever. With two young daughters to support and her life as a stay-at-home mother at an abrupt end, Nestor finds herself slipping from "middle-class grace" as she attends a court-ordered custody class, stumbles through job interviews, and—much to her surprise—falls in love once again. As Theo rebuilds her life and recovers her sense of self, she's forced to confront her own family's legacy of divorce. "I'm from a long line of stock market speculators, artists of unmarketable talents, and alcoholics," writes Nestor. "The higher, harder road is not our road. We move, we divorce, we drink, or we disappear."


Nestor's journey takes her deep into her family's past, to a tiny village in Mexico, where she discovers the truth about how her sister ended up living in a convent there after their parents divorced in the early sixties. What she learns ultimately brings her closer to understanding her own divorce and its impact on her two daughters. "I knew from experience that for children divorce means half the world is constantly eclipsed. When you're with one parent, the other must always slip out of view," Nestor writes.

Funny, openhearted, and brave, *How to Sleep Alone in a King-Size Bed* will speak to anyone who has passed through the halls of divorce court or risked tenderness after loss. It marks the debut of an enchanting, deeply truthful voice.

From the Hardcover edition.

How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over By Theo Pauline Nestor Bibliography

- Sales Rank: #393758 in Books
- Brand: Broadway Books
- Published on: 2009-02-03
- Released on: 2009-02-03
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .60" w x 5.30" l, .46 pounds
- Binding: Paperback
- 288 pages

 **Download** [How to Sleep Alone in a King-Size Bed: A Memoir of ...pdf](#)

 **Read Online** [How to Sleep Alone in a King-Size Bed: A Memoir ...pdf](#)

Download and Read Free Online How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over By Theo Pauline Nestor

Editorial Review

From Publishers Weekly

A full-time mom and a part-time professor at the nearby University of Washington, Nestor had been married 12 years, raising two children with the man she loved. Then one afternoon, she discovered her husband had been using her bank card. He had a gambling problem, and she'd already warned him, if it started again, it would end their marriage. They agreed to have a good divorce, but Nestor had no idea how to reimagine her life as a single mother. As Nestor moves through what she's told are the three stages of divorce—shock/denial, adjustment and acceptance—she discovers she's a lot more resilient than she'd ever thought. She has good parenting instincts and some solid friends. With cheerfully self-deprecating humor, Nestor shares her divorce process, always giving generous credit to the family and friends who helped her, and in her telling she offers hope that if that's what readers are facing, they, too, can manage. (Apr.)
Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"Theo has a big heart, a real feeling for the pain and craziness of human life."

—Frank McCourt, author of *Angela's Ashes*

"Theo Nestor has an uncommon ability to evoke common yet very intense emotions. *How to Sleep Alone in a King-Size Bed* is smart, astringent, funny, precise, candid, and possesses not an ounce of self-pity."

—David Shields, author of *The Thing About Life Is That One Day You'll Be Dead*

"Heartbreakingly honest, wryly funny, and revelatory . . . [Nestor's] clever and relatable prose makes her tale endearing and insightful, and she sidesteps the clichés of a woman wounded with bittersweet honesty."

—LadiesHomeJournal.com

"A divorced mother's funny, chatty, revealing take on Splitsville—with just enough anguish and sadness to be utterly believable...An unexpected treat here is a vivid portrait of the author's thrice-married, utterly nonmaternal but generous mother...Women going through the pain and turmoil of separation and divorce will appreciate Nestor's candor and wit. Not another slick how-to, but a comforting reminder that life goes on after the spouse is gone." —*Kirkus*

From the Hardcover edition.

About the Author

THEO PAULINE NESTOR teaches writing at the University of Washington. Her essay "The Chicken's in the Oven, My Husband's out the Door" was published in the *New York Times* "Modern Love" column and was the genesis of this book. She lives in Seattle, Washington, with her two daughters.

From the Hardcover edition.

Users Review

From reader reviews:

Hattie Leclair:

The book *How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over* can give more knowledge and information about everything you want. So why must we leave a very important thing like a book *How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over*? Wide variety you have a different opinion about guide. But one aim that book can give many details for us. It is absolutely suitable. Right now, try to closer using your book. Knowledge or details that you take for that, you are able to give for each other; you may share all of these. Book *How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over* has simple shape however you know: it has great and large function for you. You can appear the enormous world by available and read a e-book. So it is very wonderful.

Daryl Pena:

Now a day people who Living in the era wherever everything reachable by interact with the internet and the resources included can be true or not call for people to be aware of each information they get. How a lot more to be smart in getting any information nowadays? Of course the answer is reading a book. Examining a book can help persons out of this uncertainty Information particularly this *How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over* book since this book offers you rich information and knowledge. Of course the details in this book hundred pct guarantees there is no doubt in it you probably know this.

James Sweeney:

Do you like reading a guide? Confuse to looking for your selected book? Or your book ended up being rare? Why so many issue for the book? But any people feel that they enjoy to get reading. Some people likes looking at, not only science book but in addition novel and *How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over* as well as others sources were given know-how for you. After you know how the great a book, you feel desire to read more and more. Science book was created for teacher or even students especially. Those guides are helping them to bring their knowledge. In various other case, beside science book, any other book likes *How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over* to make your spare time much more colorful. Many types of book like this.

John Jeanbaptiste:

A lot of people said that they feel weary when they reading a guide. They are directly felt the idea when they get a half elements of the book. You can choose typically the book *How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over* to make your own personal reading is interesting. Your own personal skill of reading proficiency is developing when you like reading. Try to choose basic book to make you enjoy to see it and mingle the feeling about book and reading especially. It is to be very first opinion for you to like to available a book and examine it. Beside that the reserve *How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over* can to be your friend when you're really feel alone and confuse with the information must you're doing of that time.

**Download and Read Online How to Sleep Alone in a King-Size Bed:
A Memoir of Starting Over By Theo Pauline Nestor
#3XOSLEDF8ZB**

Read How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over By Theo Pauline Nestor for online ebook

How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over By Theo Pauline Nestor Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over By Theo Pauline Nestor books to read online.

Online How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over By Theo Pauline Nestor ebook PDF download

How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over By Theo Pauline Nestor Doc

How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over By Theo Pauline Nestor Mobipocket

How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over By Theo Pauline Nestor EPub