



# Let's Pretend We're Normal: Adventures in Rediscovering How to Be a Family

*Tricia Lott Williford*

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**Let's Pretend We're Normal: Adventures in Rediscovering How to Be a Family** Tricia Lott Williford  
“Oh, my word, I’m living this.”

Dear friend,

If you and I are new to each other, let me start here: *This is not how this was supposed to go!* In the portrait I had long ago painted of my family, I didn’t intend to include words like “widowed single mom.” I had envisioned many more decades with my husband Robb in the complicated, beautiful life of marriage. But in the course of twelve hours, our family of four became a trio, and since that day my boys and I have been creating a new life in an upside-down world.

I have written this new book, which in a lot of ways is a sequel to *And Life Comes Back*, to answer the question so many have asked: “And then what happened—after the crisis became reality and your life began again?” I’ve leaned into honest storytelling to offer a look into the chaos and beauty of who we have become.

I’ll be honest, this book was harder to write because I’m living it right now—I hardly feel like an expert who has figured it out. I hope my straight-up-honest stories will give you encouragement to take the next step. And the next. And the next.

Sometimes, you just have to pretend you know what you’re doing, pretend you’re brave enough, and pretend you can do this. Sometimes you just have to pretend you’re normal until the new normal finds you.

See you in the pages,

Tricia

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