

1. Record Nr.	UNINA9910815094903321
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Titolo	Suddenly single after 50 : the girlfriends' guide to navigating loss, restoring hope, and rebuilding your life // Barbara Ballinger and Margaret Crane
Pubbl/distr/stampa	Lanham : , : Rowman & Littlefield, , 2016
ISBN	1-4422-5653-2
Descrizione fisica	1 online resource (215 pages)
Disciplina	306.81/53
Soggetti	Single women Self-actualization (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Foreword / by Sherre Hirsch, Rabbi and author of Thresholds: How to Thrive Through Life's Transitions to Live Fearlessly and Regret- Free and We Plan, God Laughs : What to do When Life Hits you Over the Head -- Introduction two friends : a parallel journey -- Love struck -- Hell above ground -- Missing married life -- Self-preservation -- Show me the money -- Yikes! I have to do what now? -- Home sweet home? -- It takes a community -- Suddenly single -- But who's counting? -- Remodeling yourself -- Home on the range -- Single and planning for perpetuity -- The elephant in the room : what about s-e-x? -- Epilogue broken parts and hearts together again -- Acknowledgments.
Sommario/riassunto	Finding themselves suddenly single after 50, Barbara Ballinger and Margaret Crane found that life could be good again despite the stress, frustration and fear they faced at first. This work helps others navigate life when their partner is no longer a part of it, so they still may find fulfillment, joy, and happiness again.