

outcomes for seniors living with a stroke or dementia. Activities and discussion questions at the end of every chapter help you understand the material and apply concepts in clinical situations.

After a relationship impasse, Barbara Feldon -- universally known as the effervescent spy "99" on Get Smart -- found herself living alone. Little did she know that this time would become one of the most enriching and joyous periods of her life. Now Feldon shares her secrets for living alone and loving it. Prescribing antidotes for loneliness, salves for fears, and answers for just about every question that arises in an unpartnered day, she covers both the practical and emotional aspects of the solo life, including how to: Stop imagining that marriage is a solution for loneliness • Nurture a glowing self-image that is not dependent on an admirer • Value connections that might be overlooked • Develop your creative side • End negative thinking Whether you are blessed with the promise of youth or the wisdom of age, Living Alone & Loving It will instill the know-how to forge a life with few maps and many adventures.

From the Sunday Times bestselling author "This refreshing, unusual book needs to exist. A culture shift which repositions a single person as someone who is relationship-free, complete, and not lacking is long overdue." - The i "Absolutely f'cking brilliant" - Florence Given Having a secret single freak-out? Feeling the red, heart-shaped urgency intensify as the years roll on by? Oh hi! You're in the right place. Over half of Brits aged 25-44 are now single. It's become the norm to remain solo until much later in life, given the average marriage ages of 35 (women) and 38 (men). Many of us are choosing never to marry at all. But society, films, song lyrics and our parents are adamant that a happy ending has to be couple-shaped. That we're incomplete without an "other half", like a bisected panto pony. Cue: single sorrow. Dating like it's a job. Spending half our lives waiting for somebody-we-fancy to text us back. Feeling haunted by the terms "spinster" or "confirmed bachelor." Catherine Gray took a whole year off dating to find single satisfaction. She lifted the lid on the reasons behind the global single revolution, explored the bizarre ways cultures single-shame, detached from 'all the good ones are gone!' panic and debunked the myth that married people are much happier. Let's start the reverse brainwash, in order to locate - and luxuriate in - single happiness. Are you in? *Spoiler: you're already whole PRAISE FOR CATHERINE GRAY'S WRITING: "Fascinating." - Bryony Gordon "Not remotely preachy." - The Times "Jaunty, shrewd and convincing." - The Telegraph "Admirably honest, light, bubbly and remarkably rarely annoying." - The Guardian "Truthful, modern and real." - Stylist "Brave, witty and brilliantly written." - Marie Claire "Haunting, admirable and enlightening." - The Pool

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Women's Survival Guide Live Alone And Feel Safe! There are so many problems which women may face when they are living alone. The increasing rate of crime especially among women makes it hard for a lot of single women to survive on their own. However, if you are looking to train yourself and survive all alone, this is surely the book for you. In this book, we have covered a lot of diverse details pertaining to the different ways by which you can survive in an apt manner. We have compiled comprehensive tips and important safety measures which when implemented are sure to help you stay safe. Use this book to hone your survival skills and make sure that you can stay safe even when you are out alone. No matter whether you are headed to work or looking to travel or even just living alone in your home, this book will surely be your apt guide. Download your E book "Women's Survival Guide: Live Alone And Feel Safe!" by scrolling up and clicking "Buy Now with 1-Click" button!

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