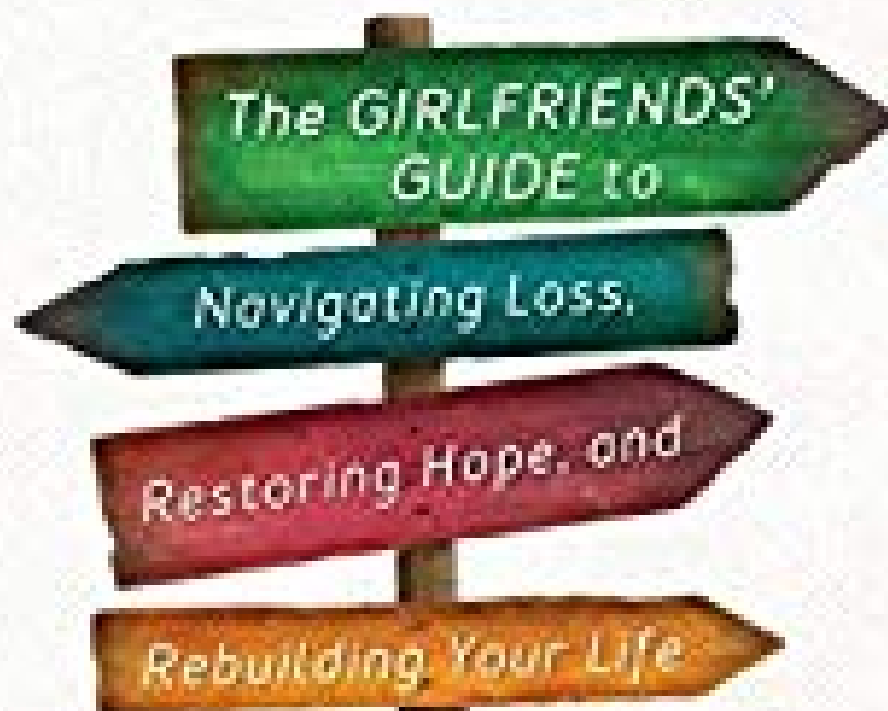


Suddenly Single After 50



BARBARA
BALLINGER

MARGARET
CRANE

Barbara Ballinger and

Suddenly Single After 50: The Girlfriends' Guide to Navigating Loss, Restoring Hope, and Rebuilding Your Life



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A stressful, protracted divorce. A difficult, painful death of a beloved husband. It helps readers understand the grief, frustration, and sadness alongside reawakening in to the world.re by yourself again. Your kids have transferred out, your parents are ageing fast or deceased, your close friends's suddenly shaped as single. Being suddenly solitary after age 50 could be terrifying, but eventually it can also be liberating. It can be fraught with worry and decisions you' It can be financially and emotionally unstable sometimes, but it could possibly be the start of a new chapter, or the discovery of somebody you didn're unprepared initially to make, but it can also be a time to reevaluate, reestablish, and reinvent.t know you were, or could become, after the grief of a loss so difficult. Long-time close friends and authors Barbara Ballinger and Margaret Crane have a lot in keeping. Both lived in the same city for a long time. Both are writers.s like to be over 50 and dating again— Both are moms of grown children who've left house. And both had ageing parents when these tough journeys began. Both found themselves alone, husbands lost to divorce and loss of life, two separate situations which were equally traumatic— And they tell visitors what it'Barbara and Margaret struggled but discovered not just that their new lives were, indeed, worth living, but that the insight gleaned from their experiences could help other people in equivalent straits. They share how their once right-sized houses suddenly felt empty, too large, and too full of stuff that no longer made sense.All of a sudden Single After 50 is told with authenticity, wit, and compassion. They discuss living only, attending social events by itself, eating independently, sleeping by itself, walking and traveling alone, then how in addition they came to feel these were not alone, not really, with loyal family and friends. The result is Suddenly Single After 50, a genuine and riveting, however funny and poignant information that provides advice for those who end up divorced, widowed, or otherwise suddenly single nearly the time they strat to get those AARP cards in the mail and while many of their friends are gleefully talking about retirement programs and toasting milestone wedding ceremony anniversaries. They reveal all the legal and accounting woes that befell them. for Barbara, a divorce that got four years to get rid of, and for Margaret, a five-year, gut-wrenching siege of myriad cancers that finished in death. Both wedded their husbands best out of university.after years out of this scene, which had transformed in unfathomable yet frequently hilarious ways. Anyone who finds themselves suddenly single in middle age group and beyond--or knows a person who is--will find in these webpages both assistance and reflection, support, and a means ahead. lives continue onward, apparently unchanged. And abruptly, after age group 50, you' Suddenly Solitary After 50 addresses what life is really like when it'



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Wonderfully Practical Book! I just finished reading this book and I am extremely impressed. The writing is normally beautiful. It is a great mixture of personal knowledge and practical information. Further, they provide concrete advice on how to make those plans once you are there! Elements of the book, like the sections on budget, would benefit any girl, married or not. Barbara's dating guidance was both fun and useful. I recommend this book. It's not over! It's really hard to speak about painful loss and feeling vulnerable. Most of us struggle with the challenges life throws us and occasionally feel like we are at a loss concerning how to progress. If you are an advisor who includes a client going through this knowledge, this book could be a meaningful gift, and can supply the highest worth of your service. I actually bought this reserve for a pal who lost her husband of 20+ years almost a year ago. They provide plenty of tips and concepts for how to navigate the new world of singlehood. Even more essential, they do it in an honest, self-deprecating, amusing, and very accessible style that encourages a reader to recognize, and understand that she could somehow handle this as well. It's for all the world like having an excellent, extended discussion with that one girlfriend that you can talk with about ANYTHING. Essential read for women abruptly single, and for advisors who serve this community. As a long time instructor for financial preparation at UC Berkeley, and as a Certified Financial Planner®, I'm constantly sourcing practical tools that help clients with their particular goals and issues.. It does a good job bridging the range of needs of this suddenly single person, which include the understanding the grieving procedure, creating assets or community to create the stage for achievement, and finally accomplishment. I especially like the check lists, that have been produced by the authors who themselves have been through this experience, along with best practices. But they obviously have a mission -- to help other women experiencing divorce or the loss of life of a spouse begin to observe that there surely is light by the end of the tunnel. Read it! Coping with the Unthinkable Dealing with the aftermath of a spouse's death or divorce is neither a tidy nor easy subject matter; To sum up: "from lemons, make lemonade". I think everyone who undergoes this time of life would enjoy this reading. When I found out about "Suddenly Single After 50" I had trepidation about the title and content. M. Right on. You need this! anymore, except for this book. I have high hopes for better times. This would have already been a big help as I was going through my divorce. The authors' heartbreaks were therefore honest and open, it almost felt just like a friend was speaking with straight to me. It requires a lot of courage to expose you to ultimately the world such as this. There were a whole lot of tips related to overcoming grief and how to pick yourself back up after a divorce. The non-public stories of other ladies in the book were so relatable as well." I believe those comments say it all. That is a "must go through". It's a book I will buy again and again to provide as gifts. The is Life After Loss This book is poignant, helpful and puts life in perspective. The authors help you see when a door closes another opens. Life does continue. At its primary the book is moving and hopeful --it can be done to survive the unfathomable. this story resonated in a funny, yet serious way Being someone who finds herself sole after 50, this story resonated in a funny, yet serious method. I don't know how Barbara and Margaret could possibly be so open up. These witty authors provide real and thought provoking assistance on how to undertake the pain, toward a existence you hardly ever expected or planned for on the other side. I especially enjoyed the section on what Margaret's close friends stated after her husband's loss of life, what they should have stated, and what they could did. An eye-opening, poignant go through with, if not a fairly-tale ending, certainly a redemptive one. However, when I finished this tome I was more aware of the feelings with these two women who were the authors. I today understand their positions and commiserate with their situation and what they went through with their new life style. I think everyone who undergoes this time of life would appreciate this reading. however the authors have were able to convey their personal painful journeys in an honest, relatable format that provides support, comfort, plus some solid information to mature females who unexpectedly end up in similar straits. This book is for ALL women, single or not ..This book is the most practical resource I have seen for women who are experiencing a divorce or unexpected death of a spouse. This book is for ALL women, single or not. The authors present their deeply personal and shifting stories of loss and also practical information regarding how exactly to navigate life's hurdles in its aftermath. Empowering and uplifting - go through it and send copies to your girlfriends! Many thanks, Barbara and Margaret, for authoring your experience to help others who follow.. First--it was a reminder to be grateful and appreciative for all the people in my own life whom I love. It was also an admonition to On a practical notice this reserve was a wake-up call for me on several accounts. First--it was a

reminder to end up being grateful and appreciative for all your people in my life whom I really like. It was also an admonition to ensure I have an understanding of our financial situation--make sure I understand where all important papers are and how exactly to access everything. These authors provide good practical tips and amusing insights in a very personal memoir that's poignant and inspiring. Posting their very own experiences of loss and how exactly to pull yourself back again to enjoying lifestyle and laughter. Nothing keeps me up until 3 A. Must read for ladies starting over after 50... They share their debilitating and sometimes conflicting feelings about the lost loved ones. After she go through it, her comment was "This book may be the story of my entire life. I feel like I wrote it, and I swear this woman is me. I right now feel for the very first time as if someone really knows what this pain is like. I couldn't put it down. The stories of Barbara's dating escapades are so funny - you'll certainly enjoy them if you are wading in the dating waters.



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