



# Single Again: A Guide for Women Starting Over

*Victoria Jaycox*

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**Single Again: A Guide for Women Starting Over** Victoria Jaycox

***Single Again* offers newly single women practical, upbeat guidance on how to adapt successfully to life on their own.**

Single Again offers newly single women practical, upbeat guidance on how to adapt successfully to life on their own. Each year millions of women are widowed or divorced. These women often face a terrific shock. Not only are they besieged by sometimes overwhelming emotions, but they must completely revamp their self-image from that of wife to "single again.". Single Again shows the reader how to: Handle grief and stress while still moving ahead, get a job, and the right kind of housing; Find solace and community in religion, friends, a support group, or therapy; Figure out what kind of future they want and how to get there; Enjoy courtship and sex, nineties-style, and decide whether or not to remarry. This book gathers together the pragmatic and collective wisdom of both experts and those who have lived through this life-altering experience.

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