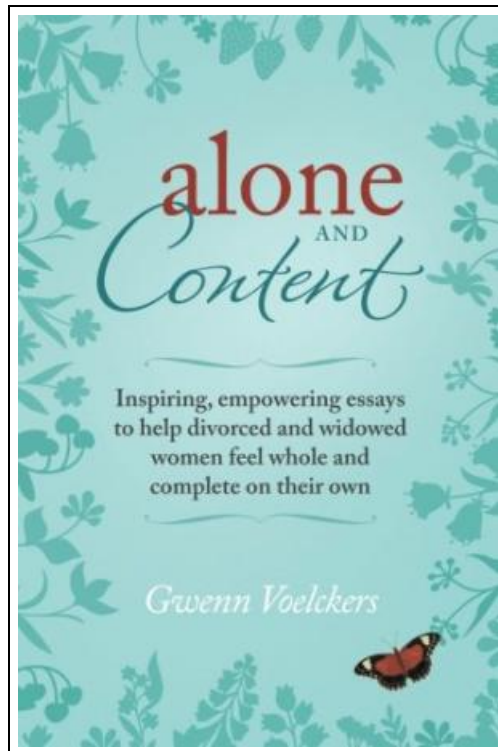


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ALONE AND CONTENT: INSPIRING, EMPOWERING ESSAYS TO HELP DIVORCED AND WIDOWED WOMEN FEEL WHOLE AND COMPLETE ON THEIR OWN (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book is a gift for those who live alone! -Teresa Jackson, Live Alone and Thrive workshop participant Have you ever wondered, Will I ever be happy again? Can I survive another lonely weekend? Or, manage life on my own? Whether you ve lost a spouse or partner through divorce, death or other life circumstance, you may be struggling to regain your confidence, courage, and zest for living. You re not alone. Gwenn Voelckers has been there, and so have hundreds of women who have attended her Live Alone and Thrive workshops. In Voelckers new and inspirational collection of empowering essays, she offers hope and encouragement for those searching for answers. I know how painful it can be to find yourself living alone, Voelckers shares. I also know it s possible to reclaim your life, to determine who you really are, and to turn living solo into an adventure of self-discovery and personal growth. Alone and Content includes a How Content Are You? quiz and is organized into six chapters, each of which is followed by thought-provoking questions. CONTENTS: 1. How Content are You? A Quiz 2. Coming into Your Own 3. Overcoming Challenges 4. Designing a Home Sweet Home 5. Surviving the Holidays and Special Occasions 6. Exploring Relationships and Romance 7. Spreading Your Wings Alone and Content promises to awaken readers to new ways of thinking about living alone and to the joy, power, and freedom that comes with independence. With Voelckers gentle guidance, life s possibilities open up. Inside this wise and enlightening book, you ll discover how to rebuild your life and feel whole and complete on your own.

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