



# On Your Own: A Widow's Passage to Emotional & Financial Well-Being

*Alexandra Armstrong, Mary R. Donahue*

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This fourth updated and revised edition of "ON YOUR OWN" provides practical advice to the recent widow to help her achieve emotional and financial stability. This classic best selling book for widows is coauthored by Alexandra Armstrong, a nationally recognized financial planner who has worked with many widows over the years, and Dr. Mary Donahue, a psychologist who is experienced in grief counseling. The authors firmly believe there is a strong connection between the widow's emotional and financial recovery from the pain of widowhood. They think that to focus on one to the exclusion of the other prevents successful recovery since the two issues are intertwined. When the widow gains control of her financial situation, then it makes it easier to heal emotionally and vice versa. "ON YOUR OWN" leads the widow through the recovery process step by step, providing practical advice which should help her move forward to achieve emotional and financial stability. In this book they show the widow how to: . Cope with your loss . Deal with your emotional needs . Organize your finances . Construct a realistic budget . Understand your investments . Develop a long-term financial plan The book is made more interesting and meaningful as the reader follows the stories of four widows ages 40 to 80 as they move in each chapter through the various stages of recovery. Although the book is written primarily for widows, any adult woman who wishes to take control of her life would benefit from reading this book. As one widow said after reading the book: "Yours is the only book that truly approaches it from the woman's viewpoint and clarifies what is a mass of strange and threatening terms and tasks.. You have done an important thing in a beautiful way. Thank you from my heart and my checkbook!"

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