



On Your Own, 5th Edition: A Widows Passage to Emotional and Financial Well-Being

By Alexandra Armstrong CFP

On Your Own Publishing Company. Paperback. Book Condition: New. Paperback. 424 pages. Dimensions: 9.0in. x 6.0in. x 0.9in. On Your Own Does Not Mean All Alone. In the completely updated and revised edition of this best-selling classic, the authors share the stories of four widows of different ages and circumstances whose road to recovery illustrates how to best achieve emotional and financial well-being. They provide practical tools and knowledge for widows to move forward and emerge stronger--from coping with grief and loss and organizing finances to understanding investments and developing a long-term plan. This book shows how to: React to your loss Deal with grief and your emotional needs Develop psychological and financial support systems Control your financial future Protect your investments Emerge stronger to build a new life The authors firmly believe that there is an essential connection between both financial and psychological well-being. The stories combined with the practical and easy-to-follow advice based on the authors years of experience working with widows, will guide readers step-by-step through this very difficult process. Additional Praise for Fifth and Previous Editions of On Your Own: Widowhood leaves one questioning how they can go on. On Your Own: A Widows Passage to Emotional...



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