



## Doing it Alone: Hosting for a New Life

By Elaine Borish, Sheila King Lassman

Fidelio Press. Paperback. Book Condition: new. BRAND NEW, Doing it Alone: Hosting for a New Life, Elaine Borish, Sheila King Lassman, This book is about the loss of a partner and your needs in a new role - as an individual - without a shared life - no longer part of a unit. The book is divided into four sections: Making a Start; Moving On; Feeling Comfortable; and, Creating a New Life. Each section centres on a theme meant to mirror needs or moods at a time when a new understanding of life is developing. Each focuses on the build-up of confidence coupled with the knowledge that life goes on despite the pain of loss and relates the stories of some who had to deal with the experience. Section One supplies helpful hints on starting out and offers dishes that may be dark or vivid, reflecting feelings of unease when venturing into a new and emotionally unfamiliar territory. Section Two focuses on the theme of moving forward and trying new ways to manage life as it is now; the host, who we hope is feeling better, might serve food that is lighter and brighter. The third section targets warmth...

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