



# Living Solo: A Practical Guide To Life On Your Own

*Nancy Goldner PhD*

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# Living Solo: A Practical Guide To Life On Your Own

*Nancy Goldner PhD*

## **Living Solo: A Practical Guide To Life On Your Own** Nancy Goldner PhD

In this book, Dr. Goldner speaks from her own personal and clinical experience and incorporates the voices of many other single people. She distills the most useful and helpful strategies for enhancing life on your own. She gives you specific behavioral tools and suggests ways to enrich single life so how you live each day is enjoyable, meaningful and purposeful, and adds to your physical and emotional well being.

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