

FOR IMMEDIATE RELEASE

**Dating After Divorce – Dating After Death: Are They The Same?
New book offers hope to those left alone and those left behind**

[Catskill Mountains, NY – August 12, 2008] According to the U.S Census Bureau, there are approximately 700,000 new widows every year. The numbers also illustrate that a staggering 10% of all marriages end in divorce. The emotional and monetary problems that affect those experiencing widowhood or divorce are staggering. This is no small problem, as 32% of women aged 55 and older live alone, according to the 2000 U.S. Census. Now a new book addresses the important issues involving dating after death or divorce and offers real hope to those left alone and those left behind.

“I personally don't see much difference in dating after loss or following a divorce,” stated Elaine Williams, author of *A Journey Well Taken – Life After Loss*. “Each occurrence is a major life change, subject to emotions of loss and anger or perhaps betrayal and abandonment. Some who have lost a spouse may argue that death is worse, being final and out of your control -- while divorce is a choice. I disagree. If the spouse you love has divorced you, the choice has been taken away from you, similar to losing someone to death. You also have an added complication of perhaps feeling as if you've been thrown away, an understandably devastating experience. I have experienced both divorce and death, and the aftermath in each instance is neither pretty nor painless. Aftershocks in each case can be experienced years later.

The stress of dealing with a divorce or the death of a spouse makes it quite difficult to think about other pressing issues. In addition to the loss of income, other monetary issues the widow or widower may also face can include debt issues and the pressure of becoming a single parent.

“There is much more,” added Ms. Williams, “as often the financial pressure forces some to sell their homes and vehicles, simply because they can't maintain their upkeep or meet ongoing payments. Being forced to move in with family members or move to income controlled apartments can change one's life forever. Both situations involve pain. Does death hurt more than divorce? When you lose the person you love, however that occurs, it is a permanent wound on the heart. Loss of any kind is never easy.”

Ms. Williams is intimately familiar with both these issues, being divorced early in life and then having recently become a widow after losing her husband of 20 years. She details her experience in her book, ‘A Journey Well Taken – Life After Loss’.

Copies of 'A Journey Well Taken – Life After Loss' are available at her website. A portion of the profit from each book is donated to charity. Ms. Williams is available for media interviews by contacting her at the address below.

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