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**Alone on Valentine's Day – Life after Loss
New book offers hope to loved ones left behind**

[Catskill Mountains, NY – February 5, 2009] According to the U.S Census Bureau, there are approximately 700,000 new widows every year. The emotional and monetary problems that affect those experiencing widowhood 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 these critical issues about life after loss, offering real hope to those left behind.

“Being alone during special days like Valentine’s Day can be incredibly painful for those who have lost a loved one,” stated Elaine Williams, author of *A Journey Well Taken – Life After Loss*. “It’s often considered a special day for couples, and if you’re recently bereaved, it can be an especially difficult time to get through. One way to lessen any negative impact of this day is to plan ahead – perhaps go out to dinner with friends or a movie. Create something special for yourself.”

The stress of dealing with the death of a spouse makes it quite difficult to function at times. In addition to the loss of income, the widow or widower may also face debt issues and the pressure of becoming a single parent. “When you lose the person you love,” states Williams, “it is a permanent wound on the heart. Loss of any kind is never easy.” Williams’ offers the thought that you can begin to enjoy life once more, even if it’s only one evening at a time.

Ms. Williams is intimately familiar with this issue, 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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