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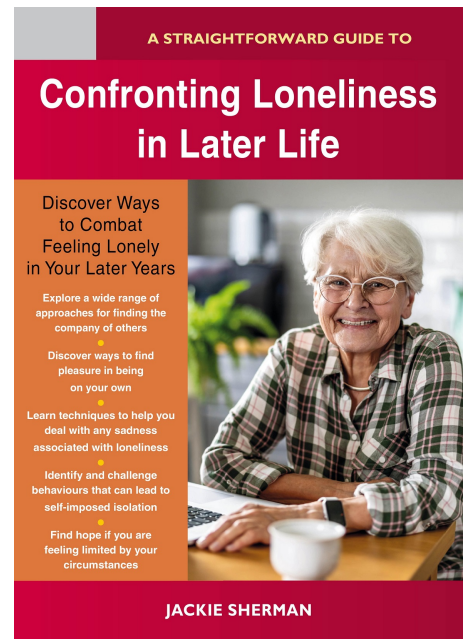
PRESS RELEASE

A Straightforward Guide to **CONFRONTING LONELINESS IN LATER LIFE**

Discover Ways to Combat Feeling Lonely in Later Years

THIS BOOK:

- **Explores a wide range of approaches for finding the company of others**
- **Suggests ways to find pleasure for people on their own**
- **Teaches techniques to help people deal with any sadness associated with loneliness**
- **Identifies and challenges behaviours that can lead to self-imposed isolation**
- **Helps people find hope if they are feeling limited by circumstances**



The aim of this book is to address the particular concerns of people in their later years who feel or fear being lonely. It is targeted at older people as they are more likely to experience a specific set of circumstances not relevant to younger people such as widowhood, the death of friends and relatives, mobility issues, hearing or sight loss, and the reduced social contact that arises from retirement, care requirements and downsizing and moving home.

The book is divided into three sections:

- a wide range of ideas for increasing social contact which could lead to making new friends and even developing loving relationships
- help in coming to terms with and hopefully starting to enjoy the pleasures of solitude in ways that might not have been thought of
- techniques for increasing resilience and overcoming the negative emotional effects of loneliness

About the author: Jackie Sherman has had a successful career in adult education and careers work. She is the author of several writing and computing books and now helps run her local U3A and volunteers as a telephone befriender. She regularly runs groups on autobiographical writing.

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