



Love & Successful Aging When You're 70+ and Single

Regina Dreyer Thomas

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The need for loving and being loved by a significant other doesn't diminish with age, but often single older adults don't know how to go about filling that void or think they're too old for love. Not so, report individuals in their 70's through 90's who are in exclusive, committed relationships with a significant other while living independently. Through upbeat, personal stories from unmarried couples in their mid-70's to late 80's and beyond, widows, widowers, divorced people and never-marrieds can follow the steps necessary to rediscover love, joy and companionship as they give themselves the freedom to love. What makes this book unique among books dealing primarily with sex and the older, single adult is that it addresses the social and emotional needs of those widowed, divorced, or never-married who comprise this specific group, inspiring them to open their minds and hearts to newly-found love, joy and companionship.

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