



# LIVING ALONE AND LOVING IT: A Practical and Philosophical Guide

*Laurian Harshman*

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## **LIVING ALONE AND LOVING IT: A Practical and Philosophical Guide** Laurian Harshman

According to the U. S. Census Bureau, over thirty million Americans live alone. A third of them are young people less than age forty-five, who have not yet married, or for other reasons, involuntarily or voluntarily, live alone. The rest, some 20 million (a number which keeps growing as our population lives longer) are people over forty-five. Living Alone And Loving It was written to help those who have lived all or most of their lives with another person and, because of the death of a companion, are now faced with the often difficult prospect of living alone. The philosophical and practical suggestions were compiled from the author's own experiences and interviews with men and women who have lived alone, some for only a short time, and others for years. Although the ideas contained in Living Alone And Loving It are intended for older individuals, young people who live alone and are responsible for all of life's intricacies without the help, suggestions, or hindrances of another may also benefit.

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