

SuddenlySolo—A Lifestyle Road Map for the Mature, Widowed or Divorced Men

Authors: Harold "Hal" Spielman and Marc Silbert

— Reviewed by Bill Finley

This book is worth its weight in gold. If you are a recently widowed or divorced guy over 60, three hours with this overview of your coming life, will give you years of experience in that short time.

It lets you in on conversations you will either like or want to avoid. It will also give you confidence that there are plenty of women out there dying to meet you and probably will go along with what you're thinking about. There are more lonely women out there than guys looking for affection!

In their Stage One, the authors give you tips on how to deal with yourself now that your former mate is no longer around. Its purpose is to make you self-sufficient in terms of chores and details you never had to think about. It advises you on how to look, what to wear and what to avoid.

In Stage Two, *SuddenlySolo* concentrates on potential loneliness, a natural happening unless you live with other people. On the good side, at this stage, you can decide what to watch on TV, what to eat, what and how much to drink, how long you want to stay in bed or get up and go for a walk. Pets can have a positive or negative influence.

In Stage Three, you will read about differences in women and some that you have always dreamed about. Too fat or too slim? Laughs too much or too little? Smart and well read or just likes to go shopping? You get to choose (just as they do too!).

When I was a divorced and single, I decided that I might find a great new

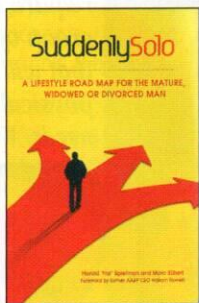
wife at the theatre or the art museum. It turned out just like that. Online dating is also very popular, but be cautious. Going to the beach together will reveal a lot about the both of you.

After that, undressing will be easier and have fewer surprises.

The book is so successful, that what started out as a "how to" book for men, now addresses many of the concerns that females have when they become "suddenly solo."

Authors Spielman and Silbert label Stage Four as the search. Questions such as where and what to say. They explain that first dates can be painful and embarrassing and what to avoid and the rules about following up. Sex will always be in the room, both of you will be thinking about it. If you're nervy, talk about it, likes or dislikes, careful there, it might be too close to home. Don't talk about diseases, everyone has a few but organ recitals are not very attractive. And don't talk about your former partner, sad or bad, Just skip to something fun, past or future. Hobbies, books, movies, travel. Save pictures of the kids for later. Get to know her!

Stage Five, the final stage, focuses on new steps into a new life. What plans are realistic? What can you afford over the next decade? Travel goals, alone or with her? One bed staterooms say a lot; when she smiles, you know what to expect. Share the cost and share the bed, and the noisy toilet! You'll be buddies in no time. HAPPY HUNTING!



About the authors:

Harold (Hal) Spielman is a sociologist by training, and has had a varied and distinguished career. He co-founded McCollum Spielman Worldwide, a marketing and communications research company whose unique services are available in 53 countries. He retired as chairman in 2008 and keeps busy speaking to groups about Market Research. After losing his wife of many years to cancer, he saw a need for the book, *SuddenlySolo* and is happily occupied promoting it and its website: suddenlysolo.org.

Marc Silbert is a writer, among many successful endeavors in the field of marketing. Spielman, his golf buddy, shared his idea about the book and convinced him that he had the skill to help him write it.

(To purchase *SuddenlySolo*, go to Amazon.com or SuddenlySolo.org)

Look For Our April 2013 Issue

• *South Florida's 2nd C.U.R.E.™ Medical & Bioscience Symposium* —

For those of you who like to take Saturdays and go shopping, work out or go to the beach, STOP. Not this Saturday, because you know that being able to meet over 36 doctors and scientists and hear cutting-edge procedures is your cup of tea. SAVE Saturday, April 6 from 8 to 3 for this medical adventure at the Boca Raton Marriott. Seating is very limited.



• *Many Family Caregivers Perform Medical Tasks* — Contrary to the common perception that family caregiving primarily consists of routine household chores, a national survey has found that 46% of the nation's 42 million unpaid family caregivers perform medical and nursing tasks.

• *International Aging*: Japan* — Japan has the world's longest life expectancy and its largest public debt as well as a low birthrate.

• *Creativity Equals Longevity* — Recent studies have found that openness—a personality trait that encompasses mental flexibility, a willingness to entertain new ideas, and creativity—is good for your health in general.

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