



On My Own: The Art of Being a Woman Alone

Florence Falk

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At some point over the course of the average American woman's life, she will find herself alone, whether she is divorced, widowed, single, or in a loveless, isolating relationship. And when that time comes, it is likely that she will be at a loss as to how to handle it. As a society, we have an unspoken but omnipresent belief that a woman alone is an outcast, inherently flawed in some way. In this invigorating, supportive book, psychotherapist Florence Falk aims to take the fear, doubt, confusion, and helplessness out of being a woman alone. Falk invites all women to find their own paths toward an authentic selfhood, to discover the pleasures and riches of solitude, and to reconnect with others through a newfound sense of self-confidence.

Like so many women before her, Florence Falk found herself divorced, alone, and unsure of herself. Soon she realized that by embracing her solitude for what it was—a potentially enriching and life-altering experience—she could turn what once would have felt like “loneliness” into a far more positive and empowered “aloneness.” Falk notes that each of us has two opposing drives: one causes us to yearn to make close connections with others, and the other pulls us back into ourselves, into the need for selfhood and certainty that can only be shaped through solitude. In order to be whole, she says, we must heed both of those impulses. But in our modern culture, the former is stressed while the latter is neglected, even vilified. *On My Own* boldly shifts that paradigm.

With inspiring, intimate stories of women from all backgrounds, Falk illuminates the essential role that being alone plays in women's lives. Whether she is in a stable relationship or on her own, every woman must learn to be by herself; for if she can be fully free, unfettered by society's stigmas about being alone, life and all its possibilities will open up for her. And as Falk demonstrates, once a woman has discovered the richness of solitude, she is not likely to give it up so easily.

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