

Contents

<i>Preface</i>	<i>ix</i>
Part One: Defining the Problems	
Introduction	3
1. Leland's Problems	15
2. Martha's Problems	49
3. Marriage in Retirement	75
Part Two: Coping with the Problems	
Introduction	103
4. Getting to Know and Accept Yourself	107
5. Creating a Fulfilling Companionship	145
6. Communication	159
7. Helping and Supporting	175
8. Loneliness, Aloneness and Privacy	185
9. Emotional Survival	189
<i>Index</i>	<i>201</i>