



My marriage ended just a year ago. Now friends and family are advising me to get out and meet new people. I've always enjoyed traveling, and hope seeing sights will help me deal with being single again. Advice? *MMJ, Atlanta GA*

A: To ease loneliness, cruising can be an effective way to adjust to your situation. Check with a reliable travel agency and/or online services that specialize in single senior travel. Example: [www.cnn.com/travel/article/breakup-tours-travel](http://www.cnn.com/travel/article/breakup-tours-travel)