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Things to Do Now That You're Single Again

Eva Gizowska

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Re-discover the excitement of being footloose and fancy-free! Learn how to live a full life with this collection of simple, fun, and practical advice on how to seize the moment and explore every opportunity.

About the AuthorEva Gizowska is a Freelance Journalist specialising in Health, Wellbeing, Lifestyle and General Features. She has written for a variety of publications including: The Independent, The London Paper, Guardian, Sunday Times - Style, Saturday Times, Times - T2, Daily Mail, The Mail on Saturday - Weekend, The Daily Express, Daily Express, The Mirror, Evening Standard, Grazia, SHE, Zest, Health Fitness, BMI Voyager, Trip Magazine, Boots Magazine, BUPA Magazine, Asda Magazine, Healthy Living, Cosmopolitan, REAL and Spirit Destiny. She is also the author of:Bathing for Health, Beauty and Relaxation (Quarto) - includes a section on Spas in the UK and abroad Pilates in 15 Minutes (Thorsons) Seduce (MQ Publications Ltd). Shape The Walking Plan (for Barnes Noble)Minute Facials - gift/booklet set (Andrews McMeel Publishing)