



“For those of us who have experienced an enormous loss, the stories in this book are palpable . . . providing comfort, compassion, hope, laughter at times, and peace of mind. This book is a must read!”

— KAY ALLENBAUGH  
Author, *Chocolate for a Woman's Soul* series

**Self-Help/Grief, Bereavement**

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# DANCING IN MY NIGHTGOWN

## THE RHYTHMS OF WIDOWHOOD

Married when she was barely 19, Betty Auchard went straight from her parents' home to her husband's bed. When she loses Denny to cancer after almost 49 years of marriage, widowhood forces Betty to find out what she can do on her own. She has a lot to learn, having never been single before.

These short, upbeat, inspiring stories tell us how this spunky septuagenarian survives—she decides to dance instead of sitting on the sidelines. Betty laughs and cries her way through grief and, ultimately, comes to see her situation as normal. “None of us is going to get out of this alive, and someone is always going to be left behind feeling sad.”

- Betty Auchard, a dynamic speaker and altogether charming 70-something “hottie” simply wows her audiences with a sad/funny/uplifting and sometimes hilarious accounting of life after death — in this case, the loss of her beloved Denny, husband of 49 years.
- National newspaper ad campaign, author tour, broadcast interviews, 2005 IPPY finalist.
- “Bittersweet yet sweetly whimsical and always touchingly candid, her wonderful stories tackle potentially paralyzing emotional issues and make all the sad stops along the way without becoming the least maudlin or self-indulgent.” — Amazon

**ABOUT THE AUTHOR**

Betty Auchard was a retired art teacher when her husband, Denny, died. For her, writing became a way to heal, eventually taking on a life of its own.



Her stories have been published in the *Chocolate for a Woman's Soul* series and the *San Jose Mercury News* and other periodicals. In addition to writing full time, she presents the stories from this book to audiences in California's Bay Area and beyond. She still lives happily within driving distance of her four children and eleven grandchildren.

Betty's presentations are light-hearted and fun because she tackles a serious subject with humor and grace. She has spoken to audiences from a large variety of groups, clubs and new friends since May 2002.

**BETTY AUCHARD**  
LOS GATOS, CALIFORNIA



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