Widow's Guide to Healing: Gentle Support and Advice for the First 5 Years (Paperback)

By Kristin Meekhof, James Windell

Sourcebooks, Inc, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. An inspiring, accessible, and empowering guide for how to navigate the unique grief and challenges of widowhood and create a hopeful future.When Kristin Meekhof lost her husband to cancer, she discovered what all widows learn: the moment you lose your partner, you must make crucial decisions that will impact the rest of your life. But where do you begin when your world is suddenly turned upside down? This inspiring book shows grieving widows what to expect in those difficult first five years, and how to deal with the challenges of expectantly losing a life partner, including: Finances, estates, and medical bills Single parenthood Being a widow in the workplace Navigating social situations by yourselfWith Meekhof's firsthand experience and gentle understanding, this book goes beyond shining comforting candle in the darkness of loss. It encourages them to tackle these tumultuous and painful first five years along with their grief, and moves to a more hopeful future.Praise for A Widow's Guide to Healing: "A very valuable and practical guide for any woman who has lost her husband due to an untimely death. Kristin Meekhof's journey is both inspiring and...

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