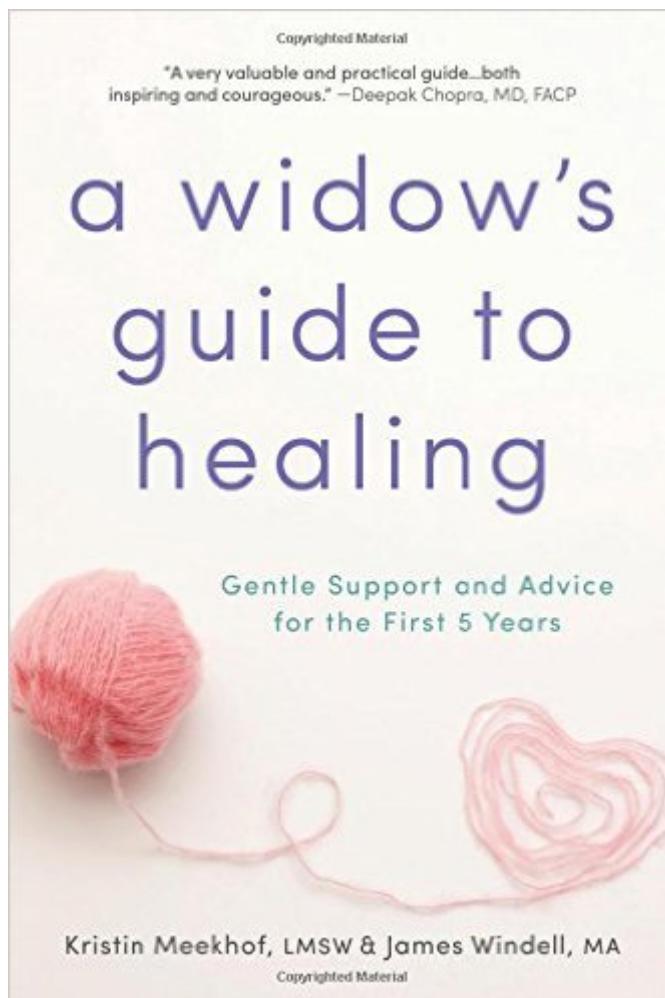


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# A Widow's Guide To Healing: Gentle Support And Advice For The First 5 Years



## **Synopsis**

"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 courageous and something we can all learn from." •Dr. Deepak Chopra An inspiring, accessible, and empowering guide for how to navigate the unique stresses 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? This inspiring book shows grieving widows what to expect and how to deal with the challenges of losing a life partner. From immediate issues like finances, estates and medical bills to long-term hurdles such as single parenthood, being a widow in the workplace and navigating social situations by yourself, this book guides widows through the tumultuous and painful first five years to a more hopeful future.

## **Book Information**

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## **Customer Reviews**

Whether you have just begun your journey as a widow or you have been widowed for a few years . This is a beautifully written book to guide you through the grief journey. Many days I have felt like I was abnormal or going insane with my thoughts and feelings . This book reassured me I wasn't . This book is comforting with practical advice . I also enjoyed reading the thoughts of the over 100 widows interviewed. I would also recommend this book to anyone wanting to understand and help a friend or family member that is a widow .

After my father died, I went to Barnes & Noble to buy a book for my mom with the hopes of it being a comfort to her. I looked at many books but rejected them all. That's not to say they weren't of some value, they just didn't resonate with me, and it was important to find the right book. Six years later I found the book that I would not hesitate to give my mom or anyone who has lost their spouse. The authors of *A Widows Guide To Healing* have done a fantastic job on so many levels – the book is beautifully written, well organized, and offers great insights and a wealth of resources. The voices of more than 100 widows interviewed are candid, powerful and compelling. Having known several widows in recent years, I believe the experiences of Kristin Meekhof and the women interviewed shared in these pages will be a great support and comfort to readers. There is sadness in these pages, but also light and empowerment. I learned so much reading this book. We've all heard about the stages of grief, but fascinating to learn that Elizabeth Kubler Ross was writing about people confronting their own death, not the death of a loved one. The authors didn't find much connection to those stages with what most widows experience. What has evolved over the years is a consensus that grief is a highly individualized process, has no specific timetable, and that over time – many people find that their lives are better after going through grief, due to something referred to as post-stress growth. The book also offers helpful information about finances, legal issues, employment and parenting. I highly recommend this book and think it would be a wonderful gift for a friend or loved one who has lost a spouse. Not only is it a great book for widows, but it also gives everyone a better understanding of their journey so they can offer comfort, support and friendship during a critical time.

Kristin Meekhof reached out to me when she was writing *A Widow's Guide to Healing: Gentle Support and Advice for the First 5 Years*. She asked for my insights as a widowed sister – and because of my expertise in financial matters for widows and their advisors. When Kristin described her project, I immediately agreed to assist. Since reading an advanced copy of this publication, I've recommended it to hundreds of financial advisors across the country and the widows they serve. There's lots to love about Kristin's book. As a researcher myself, I especially appreciated the fact that Kristin and her co-author interviewed over 100 widows, ages 25-80. The memories and deep understandings of these women are captured in the *What Widows Said* sections. This nicely complements Kristin's personal experiences she shares from her heart. I liked her continuously running theme of *you're not alone* – through the pages. Each chapter ends with specific and practical take aways for widows. Thanks, Kristin, for this beautiful gift you've given. I know your book will help widows not only in their early grief stage

after the death of their spouse . . . but also in the early years that follow. We widows are definitely on a journey.

It is often very difficult to always know the right heartfelt words to extend your sympathy to someone that has suffered a loss. I was fortunate to come across a helpful review for this book. A dear friend was in need of guidance and answers to everyday problems that were overwhelming her. This book was such a help to her, and one that she could refer back to when the need arose. Might I suggest that although flowers are a thoughtful gesture, this book is a real blessing. When gifting this to my friend I stated that it was something to set aside for when her mind and heart were a little more at ease. Then she would be more open to the help and support that it would give.

This book was recommended to me about 10 months after my husband passed away suddenly (he had just turned 58, I was 57) by a cousin a few years younger who had lost her husband after a short illness about 6 months after I was widowed. It is full of a lot of practical advice on important subjects like financial challenges and being a sudden single parent. I had already gotten through the issues of finances and legal issues, but was looking more for spiritual and emotional healing, and dealing with feelings I'm struggling with, and found it thin in this area.

No one is ready for the death of a loved one. In their book *A Widow's Guide to Healing*, Kristen Meekhof and James Windell attempt to provide some guidance through these difficult days and they do it with grace and dignity. Not only is this book helpful to those who have been recently widowed, but given the fact that women have a much higher chance of outliving their mates, it is a great tool for all women. I would highly recommend this read and plan to send it on to a recent widow friend of mine. Chapter 2 was enlightening for those of us who just do not know what to say or do for a grieving friend. This book belongs on everyone's shelf.

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