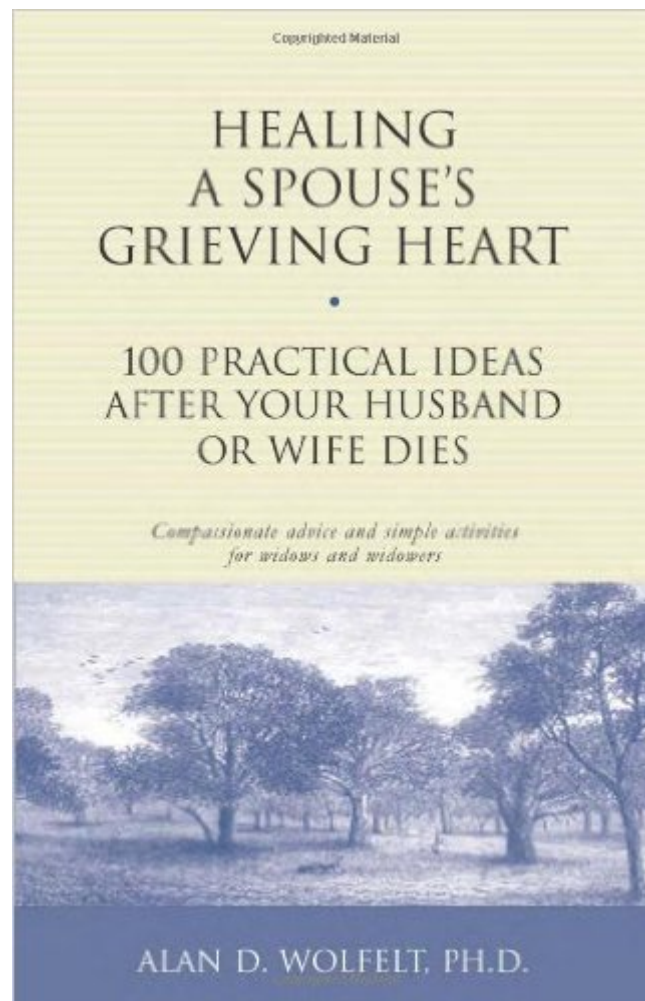


The book was found

Healing A Spouse's Grieving Heart: 100 Practical Ideas After Your Husband Or Wife Dies (Healing Your Grieving Heart Series)



Synopsis

Offers 100 practical, here-and-now suggestions for helping widowers or widows mourn well so they can go on to live well and love well again. Whether your spouse died recently or long ago, you will find comfort and healing in this compassionate book.

Book Information

Series: Healing Your Grieving Heart series

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (136 customer reviews)

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Relationships > Love & Loss #31 inÂ Books > Self-Help > Death & Grief > Grief & Bereavement

#31 inÂ Books > Politics & Social Sciences > Sociology > Death

Customer Reviews

I read as many books as I could find when my husband died suddenly this year. This was the most helpful one I found. I have since bought at least three more for friends in the same circumstances. I recommend it highly.

It is so easy to lose sight of daily life and things that need to be done. Uppermost in our minds is the loss of our loved one. How can the rest of the world keep going to work, shopping for groceries, worship, keep up with sporting activities and volunteer work? My world has changed. It is empty. Healing a Spouse's Grieving Heart helps to keep us focused during our mourning so we can get back the life our spouse would want us to enjoy living.

After the sudden loss of my husband, I recently purchased this book to help me get through the grief process. I found this book to be extremely helpful and insightful in identifying the myriad of feelings I am experiencing. I highly recommend this book to anyone who has suffered the loss of their spouse.

This is very helpful at a very difficult time. Allows you to acknowledge the hurtful or less than helpful things that people say and take them with a grain of salt. Gives some great ideas for you to pick and choose from and do what you need at that time or what is helpful to you. I heard the author speak a few years before the loss of my wife to cancer at 54. When we had our loss I remember what he shared and wanted to get more details plus catch things I might have missed now that I was in the middle of mourning and grieving. Introduction is very good and sets the stage for where he comes from. I am an educator and like his material very much. Got related books of his for my adult children that were college graduates and early in their career when their mother passed away. I read and utilized the one for spouse personally.

This makes about the twelfth copy of this book that I've purchased. It was a great resource for me and now I share it with friends that have lost spouses and also bought a few for our church bereavement group. Each "chapter" is one page and pinpoints all the things a grieving spouse might encounter.

I purchased this book for a co-worker when her 54-yr. old husband died suddenly. They were inseparable and did everything together in their 30-yr. marriage. She has thanked me profusely for the wonderful gift, saying it is really helping her through her grief. The chapters are short (which is good when you are having a hard time focusing on anything); and the advice is modern, up-to-date, practical and "non-preachy." Because of the wonderful response I received from giving this book, others have asked where they could get this book to give to someone they know who would benefit from it. I recommend it to everyone!

When my mom died I purchased many books for my dad and this was the one that helped him the most.

This isn't a big book in page numbers but it is huge in helpful strategies. I haven't read the entire book but that is one of its strong suits. You can read a page (one strategy) or several. Each page offers both hope and help. A Carpe Diem at the end of the page gives a practical suggestion of something to help with the multitude of emotions and issues the grieving spouse will face. An example of one I found especially helpful (so far) is number 27, "Recognize that your friendships will probably change." The author validates the feeling that friends may appear to fall away and explain

why this may happen. The Carpe Diem suggests talking to this friend and asking them to do something with you. Others often don't know how to help you and welcome your request. This is a very valuable book that offers practical suggestions for moving on with your life, very comforting and compassionate.

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