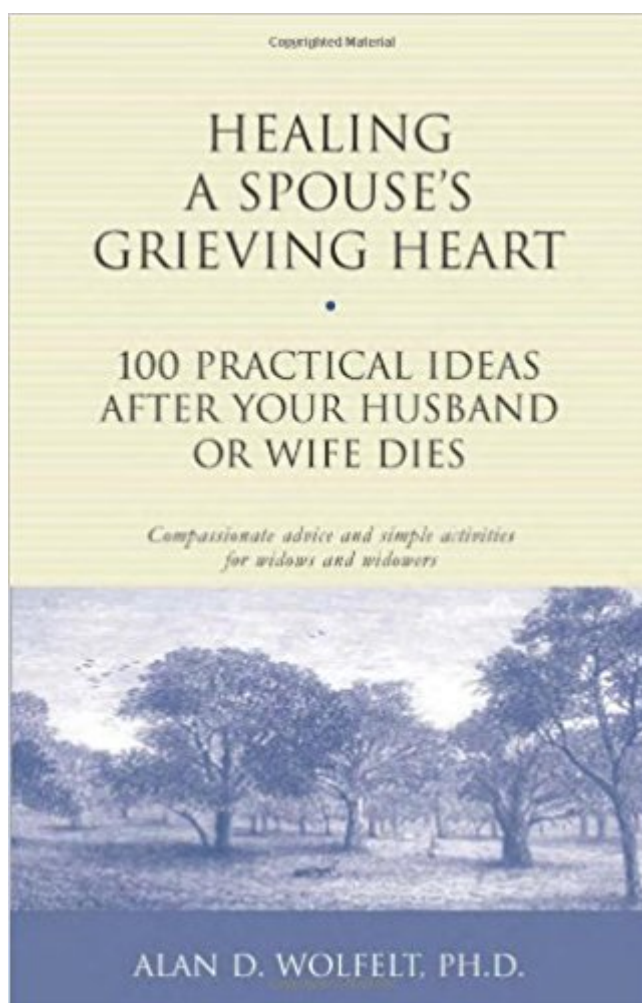


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# Healing A Spouse's Grieving Heart: 100 Practical Ideas After Your Husband Or Wife Dies (Healing Your Grieving Heart Series)



## 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

Paperback: 128 pages

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Average Customer Review: 4.6 out of 5 stars 171 customer reviews

Best Sellers Rank: #16,801 in Books (See Top 100 in Books) #42 in [Books > Self-Help > Death & Grief > Grief & Bereavement](#) #45 in [Books > Politics & Social Sciences > Sociology > Death](#) #51 in [Books > Self-Help > Relationships > Love & Loss](#)

## Customer Reviews

Alan D. Wolfelt, Ph.D., serves as director of the Center for Loss and Life Transition. He writes the "Children and Grief" column for Bereavement Magazine and has appeared on The Oprah Winfrey Show, Larry King Live, and Today. He is the author of Healing Your Grieving Heart, Healing a Teen's Grieving Heart, and Understanding Your Grief. He lives in Fort Collins, Colorado.

Too long, but a spouse might stick with this as the grieving period is so lengthy. It wouldn't be my first choice in this situation, however.

This is a very succinct help for those with grief. Really good for men, who may not be likely to read the ones in depth.

It's been 2 1/2 years since my husband died . I've been told that after six , months I should have been back to my old self. This book has helped me realize that I am not crazy and has offered many ideas to help me "reconcile" not "get over" my grief. Thank you.

Seven years later, I read this. Wish I had had it in the years immediately following my husband. Would recommend to others. Would buy again!

Just as the ones for our sons this one for me helps daily. Again, not to be read cover to cover. Just pick it up and open any page, seems to be the focus of the day. Very helpful on my widows journey.

My tears make it hard to read for awhile. He is my favorite author on the subject of grief.

Gift for a friend that lost his wife too soon.

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.

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