



Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies

Alan D. Wolfelt

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Helping widows and widowers to learn how to cope with the grief of losing their helpmate, their lover, and perhaps their financial provider, this guide shows them how to find continued meaning in life when doing so seems difficult. Bereaved spouses will find advice on when and how to dispose of their mate's belongings, dealing with their children, and redefining their role with friends and family. Suggestions are provided for elderly mourners, young widows and widowers, unmarried lovers, and same-sex partners. The information and comfort offered apply to individuals whose spouse died recently or long ago.

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From Reader Review Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies for online ebook

Theresa Bradley says

"Healing A Spouse's Grieving Heart" by Dr. Alan D. Wolfelt, is a well-written and compassionate hand-book that provides comfort and guidance to individuals grieving the loss of a spouse. Wolfelt shares 100 practical ideas to assist you in your grief journey such as; planning a ceremony, taking care of yourself; therapeutic writing exercises; and how in helping others you help yourself. Often time individuals feel alone in their grief. Not only are they separated from their spouse but they can also feel a sense of abandonment from well-meaning loved ones and friends. This well thought out guide will support widow/widower in showing up for him/herself while creating a new normal. I highly recommend.

Becky says

This was a great book. It's one that I will keep out because it has ideas of ways to help you grieve. It has definitely helped my grieving process.

Janinne says

I guess I didn't need this book. Nothing new to me in this volume.

Dr. says

Very practical ideas. Great to help you yourself, or to help someone else.

VICKI L. KEELER says

Daily word

Very helpful to take small steps and read one lesson a day. I am a reader and was tempted to read the whole book in one day, however, that is overwhelming and not healing. I just finished and will start over again.

Mark Manderson says

Some good tools to process grief through mourning.

Grief is what we think and feel on the inside when someone we love dies.
Mourning is the outward expression of our grief.
Must experience Mourning to heal and not restrict it.
The key is to remove self judgment and allow ourselves to simply feel.
Just as you surrendered to the mystery of love, you must surrender to the mystery of grief.

Jennifer Warren says

Easy read

When you have lost the love of your life, you may find reading takes too much concentration. You may be able to manage this.

Jeff Schmitt says

After losing my wife quite suddenly and unexpectedly in August of 2012, I've made a point of finding books to help me mourn and grieve. Most I've read and put on the shelf. This one will stay close to me; I'll never finish it, just start over again when I get to the end. There are so many ideas in this little book, I won't remember them all, so I'll just keep going back, over and over again. This book should be read by anyone who has suffered this pain!

Tami says

Finally! A book that tells you how you know you're making progress in reconciling your grief! Hallelujah - I'm getting there!
Not a lot of new information, but really well written. It's very accessible & comforting - conversational, almost.

Jeff says

Definitely a book I will come back to again and again.

Jacqui says

Love this book. Comforting, compassionate, and actually gives you helpful ideas for comforting yourself and remembering your lived one.
