

Losing a spouse is a painful experience, accompanied by grief that often defies comprehension. Yet, healing does come with some understanding of the process of grief, appreciation of the healing journey and resilience in adapting to life without the spouse. In this book, we have distilled the lessons gleaned from interviews with over 30 widows and widowers to offer hope and healing for the widowed.

WICARE, in collaboration with the authors, believes that the widowed can live beyond loss if they can appreciate that they need not traverse the path of healing alone. It is our hope that through the real life stories of the widowed documented here, all others who experience widowhood can be connected for support and solace.

This book is not just for the widowed. It is also intended for those who may face the loss of someone special in their lives – a parent, a grandparent, relative or close friend. The more you understand the grief process, the better you will be able to deal with, and support others, facing the death of a loved one. It can also serve as a resource for caregivers and anyone who seeks to offer comfort to the bereaved.

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