

## Spouse/Partner Loss – Helpful Books

### **Comfort for the Grieving Spouse's Heart: Hope and Healing After Losing Your Partner**

*Gary Roe*

The loss of a life partner can be traumatic. Oblivious to our suffering, the world around us speeds on as if nothing happened. Stunned, shocked, sad, confused, and angry, we blink in disbelief. Our hearts are broken. Our souls shake. We look for comfort. Our broken, grieving hearts need it to survive. Multiple award-winning author, hospice chaplain, and grief counselor Gary Roe is a trusted voice who has been helping wounded, grieving hearts find hope and healing for more than three decades. Written with heartfelt compassion, this warm, easy-to-read, and practical book reads like a caring conversation with a friend and will become a comforting companion as you navigate the turbulent waters of grief.

### **Fighting Forward: A Widow's Journey from Loss to Life**

*Jan Owen*

Fighting Forward: A Widow's Journey from Loss to Life bravely explores the heartaches and questions of widowhood and grief on a deeply personal level while offering us the hope and possibility of a new, even joyous, life. Jan encourages us to choose to live again even when we cannot see the future, to allow ourselves to be enlarged by our experience even as we sit in the dark. We must choose to keep marching on, fighting forward as we strive to build a new life full of hope and purpose.

### **Finding Your Way After Your Spouse Dies**

*Marta Felber*

In Finding Your Way After Your Spouse Dies, Marta Felber offers just such a voice-caring, hopeful, always pointing ahead to a tomorrow that will be a little easier than today. Having experienced her own spouse's death, Felber is never glib or simplistic. She knows the grief her readers are feeling and she encourages them to give it full expression. At the same time, she offers sound, practical suggestions on how to navigate difficult days. This book shies away from none of the difficult issues of bereavement. Felber gently urges her readers toward careful, honest examination of the issues they face.

### **Grief Diaries: Loss of a Spouse**

*Lynda Cheldelin Fell*

Losing a spouse means losing far more than just your beloved life partner. It often means loss of income, a shift in friendships, and learning to live as a single after years as a pair. Part of the award-winning Grief Diaries series, Surviving Loss of a Spouse offers inspiring real-life stories of griever who take us on their own poignant journey into widowhood. Filled with grit, compassion and collateral blessings, the stories offer readers wisdom to lean on and learn from, help them feel less alone, and offer hope that love truly lives forever in our hearts.

### **The Group: Seven Widowed Fathers Reimagine Life**

*Donald L. Rosenstein & Justin M. Yopp*

The Group offers a singular perspective on grief by weaving together the latest thinking on bereavement, resiliency and post-traumatic growth with the true story of seven men who were raising children on their own after the deaths of their wives. The men connected with each almost immediately, and over the next several years forged a deep bond as their monthly meetings evolved into a forum for healing and personal reinvention that transformed them in unexpected ways.

### **When Your Soulmate Dies: A Guide to Healing Through Heroic Mourning**

*Alan D. Wolfelt, Ph.D*

You were one of the lucky ones. You found a partner or friend with whom you shared a deeply profound connection. You understood, opened fully to, served, and challenged one another. You were the heroes of each other's lives. You lived a grand adventure together. But now that your partner has died, what felt like luck may have turned to wretched despair. How do you go on? How do you live without your champion and other half? The answer is that you mourn as you loved: heroically, grandly, and fully. In this compassionate guide by one of the world's most beloved grief counselors, you'll find empathetic affirmation and advice intermingled with real-life stories from other halved soulmates. Learn to honor your loved one and your grief even as you find a path to a renewed life of purpose and joy.

### **A Widow's Business: A Practical Guide through the First Year after the Death of a Spouse**

*Liz Swiertz Newman*

A Widow's Business brings order to the many things a new widow has to handle—from organizing tasks in their order of importance to gathering the information needed to dealing with finances. The book also contains a simple overview of taxes, probate, and legal documents. In addition, a handy section helps a new widow prepare instructions for her future executors, to make their tasks easier. After the death of her husband, Liz Swiertz Newman had been overwhelmed by the amount of business there was to tend to. She looked for a book to help her know what to do and when to do it. She began making to-do lists, and when she contemplated the 15 pages of lists, she realized that she had begun to write the book that she needed—that widows need.

### **A Widow's Guide to Healing: Gentle Support and Advice for the First 5 Years**

*Kristin Meekhof & James Windell*

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 when your world is suddenly turned upside down? This inspiring book shows grieving widows what to expect in those difficult first five years, and how to deal with the challenges of expectantly losing a life partner, including: finances, estates, medical bills, single parenthood, being a widow in the workplace, and navigating social situations by yourself. With Meekhof's firsthand experience and gentle understanding, this book goes beyond shining comforting candle in the darkness of loss. It encourages them to tackle these tumultuous and painful first five years along with their grief, and moves to a more hopeful future.

### **The Widower's Journey: Helping Men Rebuild after Their Loss**

*Herb Knoll with Deborah Carr, Ph.D and Robert L. Frick*

As a bank executive, Herb Knoll was known as a man who could get the job done. But when Knoll lost his wife to cancer he found few resources that could help him recover. And the more he learned about the plight of widowers, from high suicide rates to physical and emotional problems, the more he became motivated to write a book with fellow widowers, for fellow widowers. Knoll breaks down barriers that block men in their journeys to recovery. He encourages men to seek out the fellowship of other widowers, and he provides resources that men need to move forward. He also identifies how society fails widowers, and spells out how institutions need to change so widowers can receive the support they deserve.

## Spouse/Partner Loss – Helpful Websites

[soaringspirits.org](http://soaringspirits.org)

“Soaring Spirits builds community. We create, and maintain, innovative peer-based grief support programs for widowed men and women that serve a worldwide population. Based on the powerful connections created by shared experience, we endeavor to ensure that no one need grieve alone.”

[widowsconnection.org](http://widowsconnection.org)

“The W Connection was created by widows to equip other widows with the knowledge and skills they will need to rebuild their lives after the loss of their partners.

[nationalwidowers.org](http://nationalwidowers.org)

“The National Widowers’ Organization is a virtual toolkit for men coping with the loss of a loved one, a place where men can meet others going through the same transition.”

[opentohope.com](http://opentohope.com)

“Open to Hope® is a non-profit with the mission of helping people find hope after loss. We invite you to read, listen and share your stories of hope and compassion.”

[whatsyourgrief.com](http://whatsyourgrief.com)

“Our mission is to promote grief education, exploration, and expression in both practical and creative ways. We aim to provide the public with...

- Education that reaches beyond generalization
- Practical and specific suggestions for moving forward
- Modes of self-exploration and self-expression that suit all types of thinkers and doers
- Ways to honor and remember deceased loved ones.
- A supportive community”

[modernloss.com](http://modernloss.com)

“Modern Loss is a place to share the unspeakably taboo, unbelievably hilarious, and unexpectedly beautiful terrain of navigating your life after a death. Beginners welcome. This project grew out of two friends’ separate experiences with sudden loss, and their struggle to find resources that weren’t too clinical, overtly religious, patronizing or, frankly, cheesy.”