



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

*Kristin Meekhof, James Windell*

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**"A very valuable and practical guide for any woman who has lost her husband due to an untimely death. Kristin Meekhof's journey is both inspiring and courageous and something we can all learn from." —Dr. Deepak Chopra**

**An inspiring, accessible, and empowering guide for how to navigate the unique stresses and challenges of widowhood and create a hopeful future.**

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? This inspiring book shows grieving widows what to expect and how to deal with the challenges of losing a life partner. From immediate issues like finances, estates and medical bills to long-term hurdles such as single parenthood, being a widow in the workplace and navigating social situations by yourself, this book guides widows through the tumultuous and painful first five years to a more hopeful future.

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