



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

*Alan D. Wolfelt PhD*

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## **Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies (Healing Your Grieving Heart series) Alan D. Wolfelt PhD**

Helping widows and widowers 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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