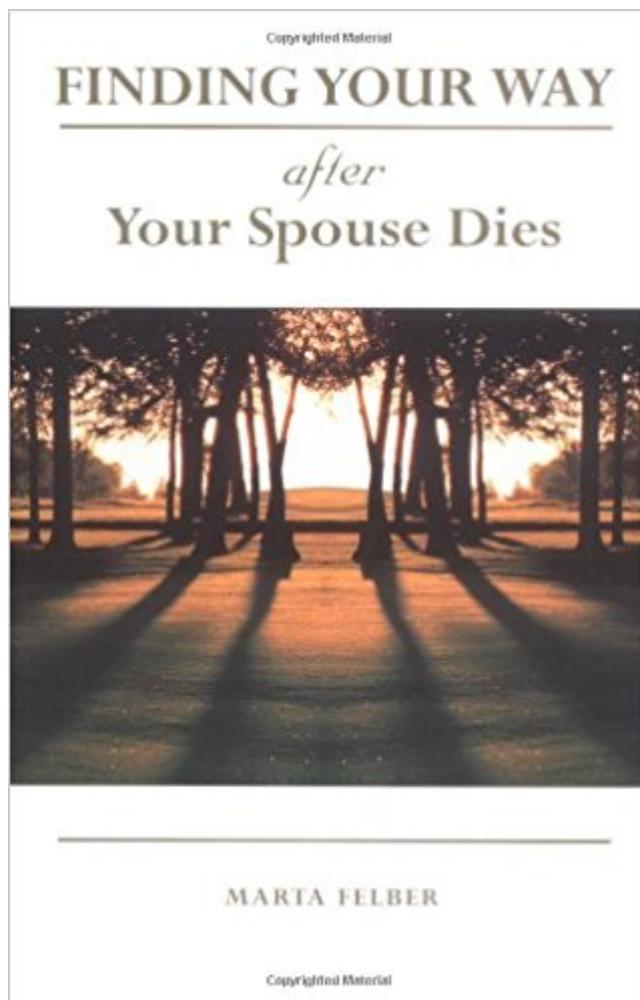


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# Finding Your Way After Your Spouse Dies



## **Synopsis**

There is nothing you need more than the warm, reassuring voice of one who has traveled this path before... and survived after suffering the death of a spouse. 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.

## **Book Information**

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## **Customer Reviews**

Clean is the autumn wind, Splendid the autumn moon, The blown leaves are heaped and scattered, The ice-cold raven starts from its roost. Dreaming of you - when shall I see you again? On this night sorrow fills my heart. ~Li Po (701-762) The loss of a friend or lover can be one of the most painful and disorienting experiences life can offer. Life seems bleak and empty, your mind becomes a pool of muddled thoughts. Losing your spouse is even more painful and the grief a person feels when they have to struggle through the grieving process can be overwhelming. When you are trying to pick up the pieces and move on, it helps to know that there is someone out there who understands what you are going through. Marta Felber has dedicated this book to the reader with the hope that it will be of help in the journey through grief. Drawing on her training as a therapist and

her experiences in self-healing after the death of her husband, she has written this guide as if she was a friend sitting with you and you were both drinking a cup of tea. She starts by expressing her heartfelt sorrow for the reader's loss and then proceeds to speak from the heart in small easy-to-read chapters. She deals with the deepest feelings in a very gentle way. She talks about how you should accept crying as a natural process, how you can start a journal and how you must still think about eating well and exercising even in this stage of grief. She speaks of how to forgive, accept and let the healing process begin. I think this is a book everyone should read whether they have experienced a loss or not because all of us will come into contact with someone in our lives who is experiencing loss.

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