



The Widower's Toolbox: Repairing Your Life After Losing Your Spouse

By G.J. Schaefer, Tom Bekkers

New Horizon Press Publishers Inc., U.S. Paperback. Book Condition: new. BRAND NEW, The Widower's Toolbox: Repairing Your Life After Losing Your Spouse, G.J. Schaefer, Tom Bekkers, There are distinct differences in the manners in which men and women grieve. Men in particular keep grief to themselves, maintain emotional control, and refrain from asking for help. Divided into three parts, "Picking up the Pieces," "Healing from Within," and "Giving Back to Others," The Widower's Tool Box offers men who have lost their partners a guide to helping identify and resolve the issues overwhelming them and to repairing their lives and moving forward. The areas covered include basic training in unfamiliar household systems, creating new traditions, using the prayer connection, finding new friendships, making a scrapbook, and facing the issue of unresolved emotions. Ultimately, this book channels grief into constructive tasks that enable the bereaved man to recreate a life that can be fulfilling once again.

DOWNLOAD



READ ONLINE

[8.86 MB]

Reviews

This created pdf is fantastic. Indeed, it can be perform, nonetheless an interesting and amazing literature. Its been developed in an remarkably straightforward way and is particularly simply following i finished reading this publication by which in fact altered me, alter the way i really believe.

-- **Amanda Hand Jr.**

A must buy book if you need to adding benefit. Of course, it is actually perform, still an interesting and amazing literature. I am delighted to explain how this is basically the best book i actually have read through during my individual life and may be he best book for at any time.

-- **Jarod Bartoletti**