



Widow's Key: Innovative Approaches for Overcoming Personal Loss

Dr. Linda Lindholm

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Forget the old concepts and steps of widowhood and grieving. There are better answers to a widow's questions of "what now" and "what next". Widow's Key won a national book award because it offers today's real-world solutions and step-by-step advice for before, during and after the death of a loved one. For more than 375 pages of cutting-edge and practical approaches, use the proven techniques provided throughout Widow's Key. Like a storm, death can overtake you, often fiercely and without warning. Your whole life changes in an instant. Widow's Key is a friendly comprehensive step-by-step guide for dealing with any significant personal losses. Written by a veteran trust and estate attorney with personal and hospice experience, Widow's Key provides practical detailed methods for proven life-altering transitions from widowhood to selfhood. Widow's Key will: Present checklists for funerals; Show you how to write a eulogy and obituary; Answer questions on administering and settling estates; Make legal processes and financial matters easy to understand; Describe numerous workable grief recovery techniques; Help you redesign your life; Show how to help children deal with grief; Suggest solutions for prolonged grief; Teach you how to write a legacy letter; Offer exclusive reader online website resources; and Give practical advice on overcoming all kinds of personal loss. Grief work has great transformative power and can help you turn your wounds into wisdom. Let Widow's Key serve as your guide.

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