



Grief Diaries: Loss of a Spouse

Lynda Cheldelin Fell, Mary Lee Robinson, Kristi Smith

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When one loses a spouse, whether young or old, the emotional aftermath can take our breath away. The journey is sometimes a tumultuous one that challenges our fears, friendships, and even our future. While each loss is as unique as one's own fingerprint, and grief tools aren't one-size-fits-all, it's important to know you are not alone. *Grief Diaries: Loss of a Spouse* is like your own portable support group, open 24/7. It offers an intimate collection of stories by people around the world who have all walked in your shoes. Consider this book one of your bereavement tools, and pull it out whenever you need. For no matter the age, the circumstance, or number of days since your spouse passed, the stories contained within this book offer company, comfort and hope, and are a treasured reminder that none of us walk this journey alone.

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