



# Happily Even After: A Guide to Getting Through (and Beyond) the Grief of Widowhood

*Lisa Kline Carole Fleet*

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The issues that surround the loss of a spouse are numerous and complex. A very small sampling of these issues include helping children cope with a parent's death, re-entering the workplace and eventually re-entering the world of dating, love and intimacy; as well as moving through a profoundly emotional period. The widowed must find a way to accept and deal with these oftentimes conflicting and confusing emotions while being expected to "carry on and carry forward" by those around them. The widowed must also adjust financially and legally; as well as be available to children that inevitably look to their surviving parent for guidance and support. Whether newly widowed or widowed for many years, those who have suffered the loss of a spouse have many questions that need answering and they likely know no one who is adequately qualified to answer those questions.

Award-winning author and grief recovery expert, Carole Brody Fleet follows up the critically acclaimed: "Widows Wear Stilettos" with the aptly-titled, *Happily Even After*, the first and only book of its kind; answering the most common questions that the widowed generally have both immediately following a spouse's death as well as months and even years thereafter. These questions are excerpted from thousands of actual letters received by the author and the responses are from the author's own perspective; based upon considerable personal and professional experience and insight.

Since the questions featured are the more commonly asked questions by those who are themselves widowed, readers will likely find answers to most of the questions that they have concerning widowhood; dealing with everything from child rearing as a widowed parent to coping with relatives who fancy themselves financial wizards, to the "rules of intimacy"...and a wide-ranging variety of subjects in between. In her warm, witty and wise tone, Carole walks widows through the shock and overwhelming sadness and back into the land of the living. Whether you are a young woman in the early years of a marriage, a Golden Anniversary celebrant or a "widow of the heart" who lost a significant other with no legal claims, Fleet will hold your hand and offer you practical tools for any problem you may face. Most importantly, *Happily EVEN After* will help you reclaim YOU.

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