



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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