

A photograph of a hammock hanging between two trees in a dense, sun-dappled forest. The hammock is light-colored with a dark patterned blanket and a teal pillow. The title 'For Widows Only!' is written in a large, yellow, cursive font across the upper half of the image.

# *For Widows Only!*

*Annie Estlund*

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For Widows Only! offers guidelines to deal with the fears and aches of widowhood while preserving an upbeat tone and hope for the near future. Wives and others who grieve will need solace in this candid look at of widowhood, and widows can especially appreciate its honesty. In addition to nuts and bolts suggestions, author Annie Estlund includes her most intimate emotions and those of several other widows, making this book highly relevant to widows of most ages at all levels. Organized into three sections, "What Happened? For Widows Only!" and "What Following?" For Widows Only! Ms. guides the grieving widow through her many anxious moments and helps her find answers to her many pressing questions. Estlund particularly empathizes with widows who think they will under no circumstances survive their trauma or that lifestyle will never again pay dividends." "What Now? can be an extraordinary publication for widows. Although life will never become the same, Ms. is normally destined to be every widow's best friend, constantly there when she needs it. Personal, intimate, and honest, it includes straight from the hip female chat, strictly for widows just! For Widows Only! Estlund illustrates that it could be good again.



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The writing is good, however the advice flawed I've been widowed twice, once in my own early 30s and once in my late 50s. Much more significantly (2) she persists in lecturing on which sorts of circumstances are worse than others... (Try telling that to females after 10 or 15 years of caring for husbands dying of dementia.. The book did not flow as well as I expected . You can skip the ones that don't apply to you. There are two major flaws, in my opinion: (1) Ms Estlund's recipe for coping with any and all stages of grief consists of shop until you drop;" Anonymous good gift Occasionally you dont know very well what to state so a book is perfect! and take plenty of vacations. Not everyone can afford what she so highly recommends ... and not everyone would actually find any or all of them comforting. Perhaps that skewed what I wanted . I cannot start to assume why someone would believe telling her readers which of them are in "better" or "worse" situations is at all helpful -- even if her opinions were "correct". that was a way to move forward, to figure out who I am now and what I wish to become . Each chapter stands on its own. But I, like hundreds of others, lost my husband in the prime of life. For instance, relating to her, it really is much worse to reduce your husband to an abrupt illness or incident because if he dies of a lingering disease, you have time to adjust also to say your goodbyes. This book has been a tremendous resource for me personally as I grapple with the sudden loss of my hubby. It's informative, open up, and caring. Help through the initial 12 months of losing your spouse. The writer is quite honest and sympathetic and gives detailed advice on an excellent range of topics. I believe I needed even more about the different range of feelings that the newly widowed proceed thru. It helped me so very much, this time I purchased it and provided it for something special to a friend who simply lost her husband. God help us - this is hell on earth. I read it a couple of years ago when my husband passed on and it actually can help you through the 1st yr(s) of your loss. I was so lost and feeling like I was going crazy. I have provided copies of the book to other people who are facing the same issues. I have had to re-browse portions of the publication because while I examine it and understood it the 1st time I've forgotten so much in those first couple of weeks. We have a tendency to think about widows as individuals who have retired and lived with their husbands a long time. She also gratuitously lectures on why it's better to be widowed than divorced. This book has been a tremendous resource for me personally as . I highly recommend this reserve to any one who has lost a hubby, or as a wonderful gift for a female you understand beginning the healing journey of widowhood. I've Shared it (unfortunately) with other friends This book helped me to the degree it validated my feelings, the stages I experienced and how I experienced them. You can pick and choose it up and read if you are in the feeling.) And regarding to her, it really is much worse to reduce your husband when you're young than if you are older. but I did not think it is in this publication. Well written by one who knows personally what its prefer to be considered a widow. But - since the grief is so profound - I have no idea if anything will help much at this time. This book is quite helpful for new widows. In case you are or know a new widow this is the book I got this book on the subject of 3 weeks after my hubby instantly died. This is not a life we chose, it is thrust upon us, sometimes suddenly like the loss of my beloved spouse. This book addresses all ages of widowhood...There are some good sections occasionally, but each time I tried to get "into" the book, I kept stubbing my toe using one of its flaws. This book explains the phases of grief a widow encounters, and most significantly assures the widow she isn't heading crazy and she isn't by itself in her feelings. Many thanks, Annie, for sharing your hard earned wisdom. There's lots of good material in this book There's lots of good material in this book. The writer is quite honest and sympathetic and gives detailed advice on an excellent range of topics As a new widow - this publication gave me some convenience. becomes a memory. Assists me find out my personal thinking. I recommend it.... The book did not flow as well as I expected. An excessive amount of focus on the author's personal experience and too little on the experiences of others Four Stars Repeat order - reserve is excellent but this reserve has helped me proceed with life without the like of my life I never wanted to join this golf club, but this reserve has helped me proceed with lifestyle without the like of my entire life. "The saddest instant is when the individual who offered you the very best memories. There are places where I don't buy

into the author or identify with her, but that is fine--it's great to have someone else's perspective. eat out several times a week and purchase yourself sinful treats among;



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