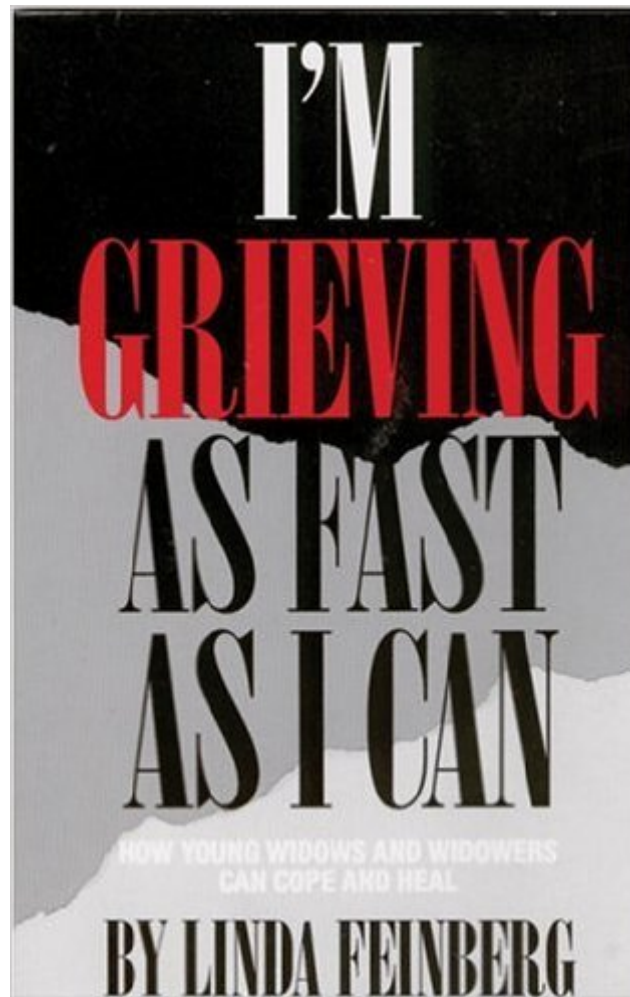


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# I'm Grieving As Fast As I Can: How Young Widows And Widowers Can Cope And Heal



## Synopsis

A guide for young widows and widowers through the normal grieving process that highlights the special circumstances of an untimely death. Young widows and widowers share thoughts and dilemmas about losing a loved one, what to tell young children experiencing a parent's death, returning to work and dealing with in-laws.

## Book Information

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## Customer Reviews

Being a young widower only 7 months into this hell I found that this book was very helpful in explaining that I was not alone in this world and there are many others like me. The many quotes used in the book have been said over and over in my mind a thousand times. It covers topics that no other books I have found does like dating, personal and family stresses, and many of the guilts we place on ourself and how other place their guilt onto us to ease their own. If you are not a widow or widower it is still a wonderful book to help you understand us and how we think. This book is a must for any young person who has lost a spouse or someone who is close to them. If you know of someone buy it for them Don't make them find it on their own like I had to. It is noted in this book and I must agree that it is not for the newly widowed...wait a couple months before giving it to them.

This book was the best thing that I ever bought. My partner was murdered in an anti-gay hate crime. I was 27 and he was 30. Read it cover to cover at least 7 times immediately following the murder and then used it as a reference book throughout the 5 year trial. It was great as it was written with the focus on the young widow, most books are targeted more for elderly folks. It has a great section

called "It matters how the person died" with a homicide section which was spot on to the feelings that I was experiencing. I was also worried that I would need to "translate" through a heterosexual taxonomy and bias, but I was pleasantly surprised. This type of experience is incredibly painful, gay or straight, and the entire book was written sensitively so that it would work for both audiences. There also is a nice section on "loss of a lover" which was most helpful to me. It covered losing a lover or fiancée. If you or someone you know is dealing with loss this book can be a life-saver.

This book made me feel a lot better about being able to smile and have a good time after my 29 year old husband of a year died. I thought there was something wrong with me because I COULD have fun and laugh. In this book there was a part about when a spouse dies and the couple has nothing between them (no lies, arguments, unresolved things) that the surviving spouse has an easier time going on. Not that it has been easy for me but I know that my husband and I had nothing at all that we regretted during our time together, only that we didn't meet sooner. My husband & I had a once in a billion kind of love; we never fought, we liked all of the same things, we loved just talking and spending time together. We never got tired of each other's company. Thanks to this book now I realize WHY I am able to go out, have a good time & laugh. I miss him more than words could ever say but I know I'm going to be okay now.

Losing my wife to Breast Cancer at 31 and having to raise a 1 1/2 year old girl in a small mid southern town I was never at a loss for advice, judgment, or rumors. I was trapped in a group of well meaning people who had no idea what it was like to be a young widower. I felt guilt from people judging me, yet they had never walked in my shoes. I went to grief meetings and had nothing in common with the 60, 70, 80 year olds that were grieving their past. I was grieving my lost future and nobody could understand it. I wanted to start dating and people thought I was callous and snubbed me. I read books that were written for old widows with maybe a chapter on widowers and maybe a sentence about people under 50. A lot were spiritually based and being in the spot I was my spiritual beliefs were a little ragged. Then I found this book and it truly CHANGED MY LIFE. I underlined half the book, nodded in agreement, cried, and even smiled. Perhaps other books have been written since but I never found another book that spoke to all of the issues that a young widow/er faces. I have given this book to others who have suffered a similar loss and they felt the same. The Author doesn't judge and the book is not a template. It gives you the permission to grieve any way you want to and lets you know that there are a select group of people that are in the same position as you and feel the same way you do. Four years after my wife's death I still cherish this book. If you

are grieving and nobody seems to understand you or know someone in this horrible position this is THE book.

I am 32 with three boys (11, 8, and 5) My husband was killed in a car accident two months ago by a tractor trailer driver who rearended him. I have been lost and I felt like I was spinning my wheels in my life with no direction. This book was hard to put down once i started reading it. It touches on all aspects of my emotions right now. I believe this will be a book I reread. All of the other books I have read up to this point were more geared for woman that have lost their husbands later in life. This was a book that I was able to take things from it and use them in my life. Thank you.

I lost my husband when I was 33. It was 6 months after our wedding. I scanned several grief books, attended support groups, etc. All seemed geared to the "older" widow/widower. This book hits home. I found myself nodding in agreement on almost every page... about feelings, other people, etc. I felt this book was written directly for me. It also made me realize that there are other "young" people out there going through the same things I am. I recommend this book to any young person that has lost a spouse.

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