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Losing My Husbands: One Woman's Experience with Grief

By: Nancy N Needy

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After the death of two husbands, forty years apart, the author details the personal grief she experienced following these life-altering events. Even though they occurred at different stages of her life, the overwhelming and devastating losses were the same. The book defines the struggles that she faced as she grieved; her attempts to overcome, or at least manage, the grief; how humor can be useful to help move past the pain of such a horrific loss; and her struggles to make a life for herself without her spouse. Even though the primary focus of this book is to offer support, understanding, and hope to those who have lost their spouse, this book can also be helpful to those who are grieving any type of loss. In addition, this book can be a valuable resource for all married couples in preparation for surviving this unavoidable journey. And finally, it provides valuable insights to those having to watch another who is grieving.

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