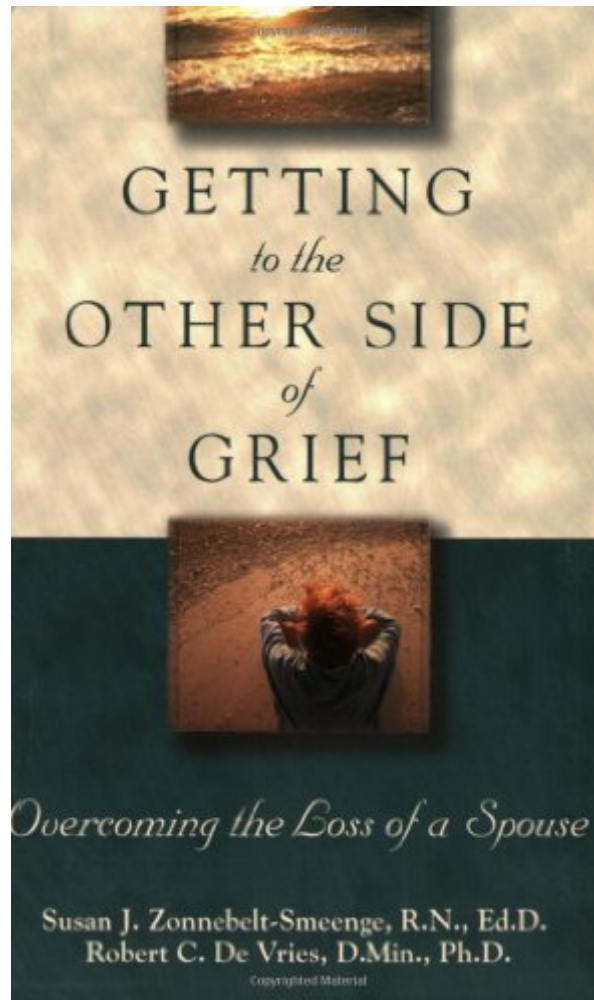




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# Getting To The Other Side Of Grief: Overcoming The Loss Of A Spouse



## Synopsis

This sensitive and biblically oriented book offers a roadmap for bereaved spouses on the journey through grief to resolution. Excellent for pastors, too.

## Book Information

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## Customer Reviews

I write this review today as I am purchasing this book for an acquaintance that has lost her spouse. This book was given as a gift to me when I was widowed at the age of 27 after losing my husband in an accident, and being left to raise our infant daughter on my own. I have read many books on grieving and recovering from the loss of a spouse and this was by far the most helpful to me. I opened it up about a week after my husband's death, read the introduction and found it was just too much- I recoiled at the notion there could ever be happiness again much less a full life and the mere thought of another marriage made my physically ill. Another few weeks went by and I picked it up again, drawn to the idea that there could be an "other side" to such pain and misery, and wanting desperately to stop hurting. This became my go- to book. I would read as much as I could process at the time and would then put it away, only to return to it when I was ready to continue the journey.

I read this book many times, the last time after I became engaged to be married again. It was hard but I found that other side of grief, where you can continue to love and cherish the time and memories of the person you lost, and yet go on to live a full life again. I am now happily married and have been blessed with more children. I have purchased many copies of this book and have given them out as the unfortunate occasion arises. I have had deep friendships forged with fellow widows because I reached out with this book and have witnessed some stories similar to my own unfold. I buy this again today with the hope and prayer that another widow would be successful in getting to the other side of grief.

While i appreciate the intent of the authors the book lacked continuity for me. After losing my wife a month earlier my mind was confused enough without switching between clinical analysis and spiritual guidance in every chapter. It was like spaghetti sauce on ice cream. I like them both, but not together. Hopefully it was more useful for others. On to another book!

This book is targeted to this subgroup - widows or widowers who want to do something with the rest of their lives besides just grieve. I have ignored the minister's theological sections entirely so I cannot comment on them. He does however talk in sections about his experiences as a husband/man/widower and that is helpful, and I read all of the sections by the female therapist. I have found this to be the most concrete and helpful book although I can't comment on the religious sections - I'm not interested. The exercises they give are targeted to get you to grieve and move through the grief and they don't involve religion. I have only started the grief process myself - it is hard and horrible. Whether your ultimate goal is remarriage or not, this offers real world examples of what a widow and widower went through when they decided that although they loved their dead spouse, they themselves were not dead. The two authors collaborated on the book, and got married (to each other).

This is a tremendous book because the authors have both lost their spouse. One author is a pastor and the other is a psychologist. They provide their individual perspectives in each chapter. They believe that grief is an important journey - and that you'll get through it to the other side. I HIGHLY recommend this book. I've even given it as a 'gift' after a memorial service - and the person told me it was the best of all the books they'd considered.

Ten years ago my first wife passed away suddenly after 18 years of marriage. I was struggling -

feeling very lost and alone. I'm not sure how I initially heard about this book, but it quickly became my second Bible of sorts. As part of my recovery I read lots of books on dealing with death, especially the death of a spouse, and I found this book the most valuable. I would return to it frequently to find guidance when dealing with various issues of losing and being without a spouse as they would present themselves, such as what to do about whether or not to wear my wedding ring, now that my wife was gone. Much of the value came from the Christian perspectives presented within. I have bought and given away many copies to people who have also lost their spouses, and use this book as a help in my counseling practice. I highly recommend this book to anyone who has lost a spouse, or to anyone who knows someone dealing with the loss of a spouse. I have read other books from the same authors on death and grief and have found them all helpful.

I ordered this book for myself after checking it out of the "library" at a GriefShare Support Group. My 43yo husband died suddenly and unexpectedly and I have been clamoring for information about how to get through this, over this, past this, around this pain. I am learning that it doesn't work that way. What I like about this book is that you get more than one perspective, the man explains what he went through and what helped him as a male and as a pastor. The woman explains things from a female perspective and is a clinical psychologist. I just felt there was so much to take away from the way it was presented, I read the whole book in 2 nights. It may not be for everyone because it is a Christian based book, but I really appreciated the different ideas on various areas of grieving. There is no "answer" book, although I keep looking, but I feel this book is pretty practical and yet genuinely supportive. There were parts where I didn't relate or agree, but I was not offended because I understood it was just a presentation of another perspective and I gained in other areas. I feel it's a book you need to reference at different times during your grief because the end focuses on "the end" when you feel healed and ready to move on. And since I'm not there yet, I will have to go back to that part at a later date. All in all, a practical, supportive read.

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