

Download Just Carry On Breathing A Year Surviving Suicide And Widowhood

Loneliness is not a surprising by-product of widowhood. I mean, even for the people who have never been through it, it's a no-brainer. But frankly, I think that lonely is not a strong enough word. Grief is a multifaceted response to loss, particularly to the loss of someone or something that has died, to which a bond or affection was formed. I lost my 52 year old best mate and husband of thirty years on December 16th 2014: 4 weeks ago to an 18 month battle with cancer linked to an MS treatment he was having. We were between a rock and a hard place. We didn't have kids and our lives together were so reflective of each other. We were mates. He made me feel beautiful just in the way he ... We think about grief a lot around here – we write about types of grief, grief theory, personal reflections, creative expression for coping with grief, practical ideas for managing grief, and on and on and on. - Just Carry On Breathing A Year Surviving Suicide And Widowhood