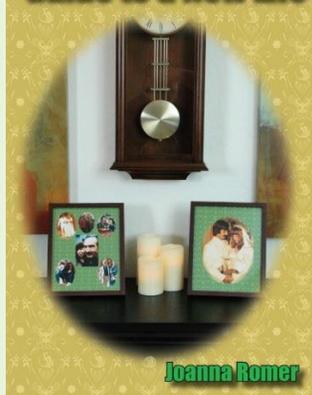


## The Widower's Guide to a New Life



# The Widower's Guide to a New Life

by  
**Joanna Romer**

**MSI Press**

**Non Fiction  
Self-Help**

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***The Widower's Guide to a New Life***  
shares the personal stories of ten bereaved men  
as they cope with the trauma of losing their spouse.

*"Nothing can bring your dear wife back, but there are ways to comfort yourself. Other men have figured it out, and so can you. From learning how to live by yourself successfully to deciding to remarry, there are numerous paths you can take to rebuild your life. The men interviewed in this book have shared their stories in the hope that what they've gone through will help you, the new widower, cope with your loss."*  
-excerpt from *The Widower's Guide to a New Life*

Whether your loss is recent or you've been without your wife for several years, this book will help you handle some of the most common challenges facing widowers, including:

- how to console yourself through friends, work and prayer;
- how to start over in terms of new activities, dating, and social life; and
- how to know when and if another love relationship is right for you.

Guidelines are provided at the end of each section to help the grieving widower begin a new and fulfilling life.

The book is divided into four parts. Part One deals with grieving. Part Two is concerned with consoling yourself. Part Three discusses starting over. Part Four focuses on the "new life."

The author deals with the big issues, such as being alone on holidays, self-esteem, loneliness, aging, socialization, venturing out, and falling in love again. She also deals with the nitty-gritty, little issues, such as learning to cook, caring for children, and cleaning out the closet. The book also contains a helpful index.

The author is not only knowledgeable about the subject of her book, but also she has thoroughly researched, and more important, as a widow, has lived a parallel form of it.

**A COMPANION VOLUME,  
WIDOW: A SURVIVAL GUIDE FOR THE FIRST YEAR,  
WAS SELECTED AS JANUARY 2013 FEATURE  
BY SMALL PRESS BOOKWATCH**

For more information, email [editor@msipress.com](mailto:editor@msipress.com).

# # #

**Author:** Joanna Romer, author of *Widow: A Survival Guide for the First Year*, is a professor at Bethune-Cookman University in Daytona Beach, Florida, where she has lived and worked for nine years. Her writing has appeared in *The New York Times*, *Cosmopolitan*, *Mademoiselle*, and other publications. With her late husband, Jack Milton, she wrote and produced the 1972 feature film, *Please Stand By*. For the past 14 years, she has taught communications at colleges and universities in Florida and New York.