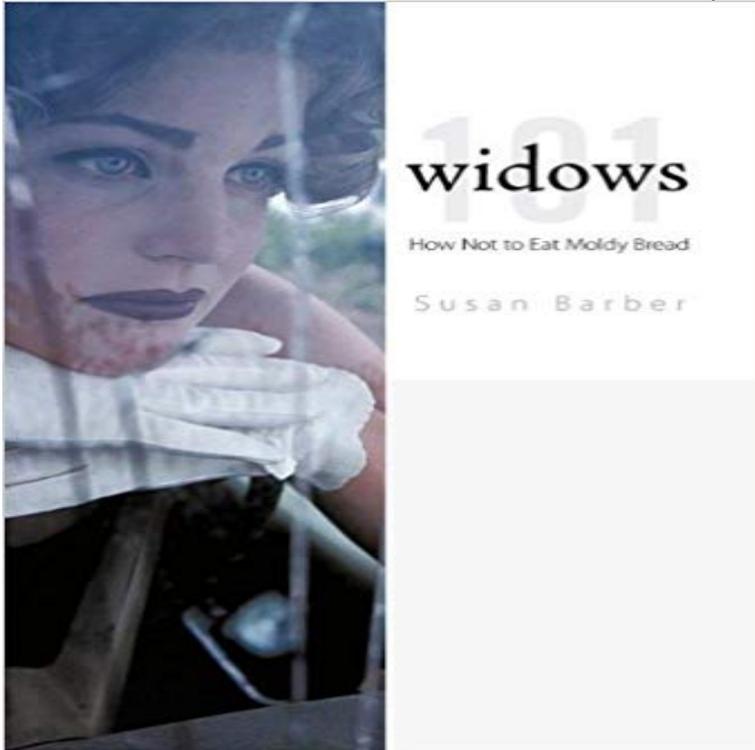


Widows 101: How Not to Eat Moldy Bread



Becoming a widow isn't like becoming a wife. Becoming a wife requires major planning. But becoming a widow is often a surprise, and even with advance planning some people are still stunned. It's difficult to prepare for widowhood. In *Widows 101*, author Susan Barber uses her personal experience with her husband's death to provide practical tips for surviving the death of a spouse. Delivered with a gentle, lighthearted approach, *Widows 101* touches upon core elements widows will need to address after losing their husbands, such as remaking yourself and redefining what you want; dealing with grief; making adjustments in your personal and social life; handling your spouse's personal effects; attending to the details of your new life alone; communicating your wishes for your own funeral. *Widows 101* helps you prepare for the changes in your life as you confront widowhood. Learn how to make the changes work for you instead of against you as you navigate one of life's most difficult periods.

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