



Widower: When Men Are Left Alone (Death, Value and Meaning Series)

Scott Campbell, Phyllis R. Silverman

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In this book, a journalist and a social worker explore the grief process as men experience it. The book contains the oral histories of twenty men, ranging in age from 30 to 94, who have lost their wives to a range of causes including cancer, alcohol, murder, and suicide. Taken together the stories guide the reader through the journey of widowhood, from the raw despair of the early weeks to the resolved perspective thirteen years later, offered by the only true authority on the subject--the men who have survived it. Each story is followed with a psychological analysis of the grieving process as reflected in that man's experience and with practical advice to widowers and to the people around them for coping with the loss. The death of a spouse is one of the most traumatic experience one can have, the touch-stone against which all stressful events are measured. The man who loses his wife has lost more than a spouse--he has often lost a companion, lover, mother, teacher, caretaker, and social connector as well. Statistics show that widowed men are more vulnerable than other men to serious psychological disorders and very real physical problems, which could lead to an earlier death. Campbell and Silverman offer expert analyses of these experiences and point out ways to work through the grieving process. Sound advice for those interested in setting up their own self-help or widower group and a directory of helpful organizations are also provided. Written with refreshing honesty and sensitivity, *Widower* charts the path to picking up the pieces and building a new life. It is a book about loss, but also a book about love. In its focus on death, it is an inspiring affirmation of life for those who are in the most need of it.

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From reader reviews:

Mary Thomas:

Exactly why? Because this *Widower: When Men Are Left Alone (Death, Value and Meaning Series)* is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will shock you with the secret that inside. Reading this book alongside it was fantastic author who write the book in such amazing way makes the content interior easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of benefits than the other book get such as help improving your skill and your critical thinking way. So , still want to hesitate having that book? If I have been you I will go to the publication store hurriedly.

Kai Martin:

Widower: When Men Are Left Alone (Death, Value and Meaning Series) can be one of your beginner books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort that will put every word into pleasure arrangement in writing *Widower: When Men Are Left Alone (Death, Value and Meaning Series)* yet doesn't forget the main place, giving the reader the hottest in addition to based confirm resource details that maybe you can be one of it. This great information can drawn you into brand-new stage of crucial considering.

Gina Dana:

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