

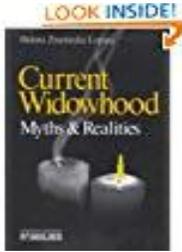
# Loss: Spouse

For Adults (Ages 18+)



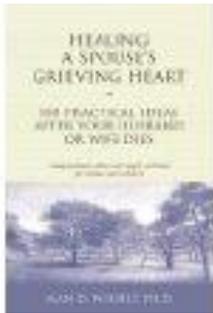
**A Time To Say Goodbye**  
Mary McClure Goulding  
(Adults), 140 pgs.

This book is for anyone who has experienced loss and must learn how to enjoy a rich, full life. The autobiography was written by a psychotherapist dealing with the loss of her husband and it reminds us to treasure those partners who are still living. Declaring that life can be full and rich at any age, this is an intimate description of loss, grief, and recovery.



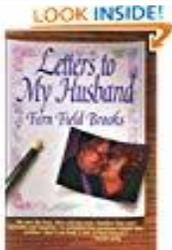
**Current Widowhood: Myths & Realities**  
Helena Znaniecka Lopata  
(Adults), 222 pgs.

This book should be read by all those coping with widowhood; those studying gender, aging, or social roles; and those providing services to widows.



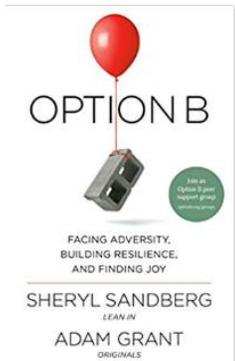
**Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies**  
Alan D. Wolfelt  
(Adults), 128 pgs.

Helping widows and widowers learn how to cope with the grief of losing their helpmate, their lover, and perhaps their financial provider, this guide shows them how to find continued meaning in life when doing so seems difficult. Bereaved spouses will find advice on when and how to dispose of their mate's belongings, dealing with their children, and redefining their role with friends and family. Suggestions are provided for elderly mourners, young widows and widowers, unmarried lovers, and same-sex partners. The information and comfort offered apply to individuals whose spouse died recently or long ago.



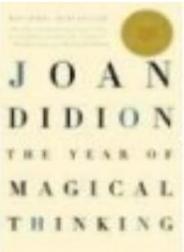
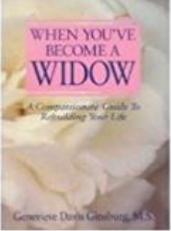
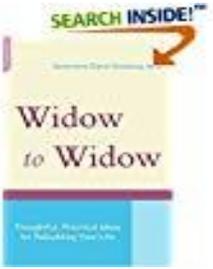
**Letters to My Husband**  
Fern Field Brooks  
(Adults), 288 pgs

Thus begins Fern Field Brooks' odyssey through the first year of mourning for her beloved husband, Norman Brooks. 'Letters to My Husband' is the ultimate result of her touching, heartrending, yet often humorous journey, which offers comfort and inspiration to anyone who has suffered the loss of a loved one.



**Option B: Facing Adversity, Building Resilience and Finding Joy**  
Sheryl Sandberg & Adam Grant  
(Adults), 240 pgs

Option B combines Sheryl's personal insights with Adam's eye-opening research on finding strength in the face of adversity. Beginning with the gut-wrenching moment when she finds her husband, Dave Goldberg, collapsed on a gym floor, Sheryl opens up her heart—and her journal—to describe the acute grief and isolation she felt in the wake of his death. But Option B goes beyond Sheryl's loss to explore how a broad range of people have overcome hardships including illness, job loss, sexual assault, natural disasters, and the violence of war. Their stories reveal the capacity of the human spirit to persevere . . . and to rediscover joy.

	<p><b>The Year of Magical Thinking</b> Joan Didion (Adults), 240 pgs.</p>	<p>Didion's husband, the writer John Gregory Dunne, died of a heart attack, just after they had returned from the hospital where their only child, Quintana, was lying in a coma. This book is a memoir of Dunne's death, Quintana's illness, and Didion's efforts to make sense of a time when nothing made sense.</p>
	<p><b>When You've Become a Widow</b> Genevieve Davis Ginsburg (Adults), 224 pgs.</p>	<p>A compassionate guide to rebuilding your life after the death of your spouse.</p>
	<p><b>Widow to Widow</b> Genevieve Davis Ginsburg (Adults), 240 pgs.</p>	<p>In this remarkably useful guide, widow, author, and therapist Genevieve Davis Ginsburg offers fellow widows-as well as their family and friends-sage advice for coping with the loss of a husband. From learning to travel and eat alone to creating new routines to surviving the holidays and anniversaries that reopen emotional wounds, Widow to Widow walks readers through the challenges of widowhood and encourages them on their path to building a new life.</p>