



The Widower's Toolbox: Repairing Your Life After Losing Your Spouse

G. J. Schaefer

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There are distinct differences in the manners in which men and women grieve. Men in particular keep grief to themselves, maintain emotional control, and refrain from asking for help. Divided into three parts, "Picking up the Pieces," "Healing from Within," and "Giving Back to Others," *The Widower's Tool Box* offers men who have lost their partners a guide to helping identify and resolve the issues overwhelming them and to repairing their lives and moving forward. The areas covered include basic training in unfamiliar household systems, creating new traditions, using the prayer connection, finding new friendships, making a scrapbook, and facing the issue of unresolved emotions. Ultimately, this book channels grief into constructive tasks that enable the bereaved man to recreate a life that can be fulfilling once again.

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