



Widowed: Moving Through the Pain of Widowhood to Find Meaning and Purpose in Your Life Again (Paperback)

By Joann Filomena

Morgan James Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book. This book is a warm hug for every widow navigating her grief, pain, and loss, and thinking she will never love her life again. Joann Filomena's *Widowed* is not only a shared journey through loss, but also a roadmap for rebuilding a future that makes room for hope and happiness alongside pure and beautiful grief. Widows will discover exactly what it is they need in order to move forward, and even how to dream again. Not since Joan Didion's *The Year of Magical Thinking* has there been a book of such honesty and passion about the unique experience that is widowhood--a time when most women feel acutely alone and wonder how to get through the pain and confusion of their great loss. A professionally certified life coach and weight loss coach, as well as producer and host of the *Widow Cast* and *Weight Coach* podcasts, Joann Filomena speaks widow to widow, having walked this path herself after the sudden loss of her husband. As a Life Coach, she has seen profound, seemingly impossible transformations in clients: The new widow who felt all her life plans...

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Reviews

This publication may be really worth a go through, and a lot better than other. It really is full of knowledge and wisdom. It's been printed in an exceptionally easy way in fact it is simply after I finished reading this publication by which basically modified me, affect the way I really believe.

-- Troy Dietrich DDS

A very great pdf with lucid and perfect explanations. It really is really interesting through reading time period. You won't really feel monotony at any moment of your own time (that's what catalogs are for about in the event you question me).

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