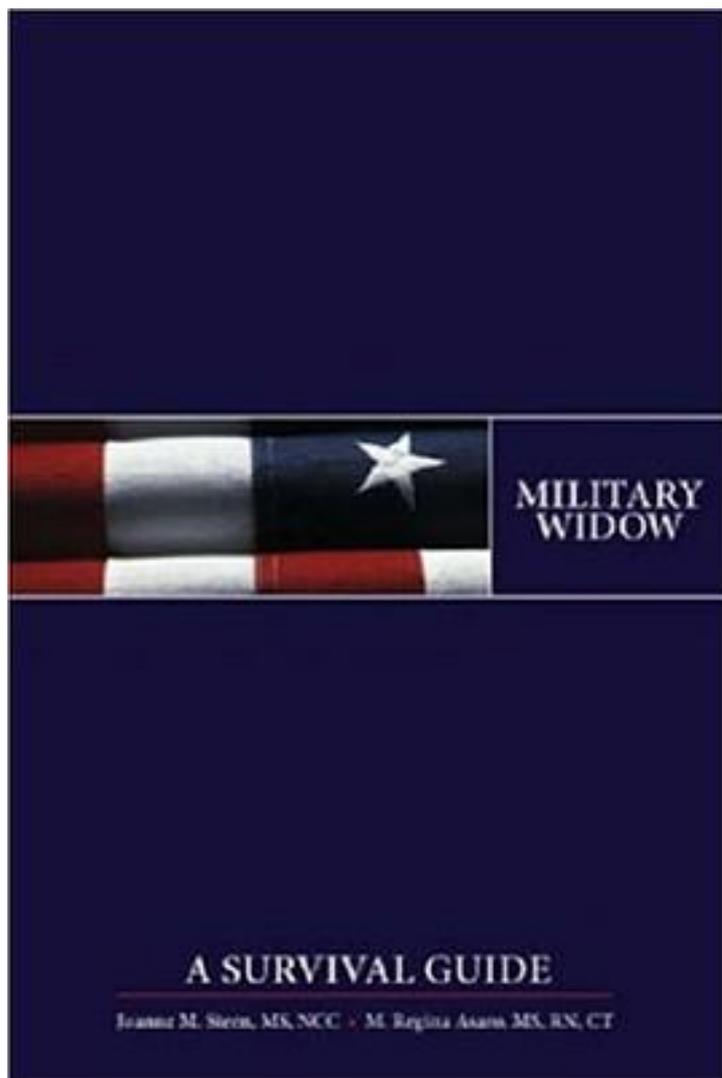


Military Widow



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This survival guide for widows of service personnel, a first-of-its-kind, tackles the unique and complex issues arising from the death of a spouse in the military. It speaks to loss in each of the service branches, across the span of rank and rates, and offers invaluable insights and practical strategies for dealing with this life-altering tragedy. The authors expertly blend personal experience with guidance from leading experts on grief and traumatic loss and translate ten years of lessons learned into an effective guide. Short, easy-to-read chapters provide realistic profiles of widows and their responses to loss and the complications generated in the unique world of the military, as well as insight on how to make difficult decisions and cope with everyday situations. Although written primarily for the widow, this book will also prove useful to other family members, friends, and military professionals.

作者介绍:

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