



# From One Widow to Another: Conversations on the New You

*Miriam Neff*

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## **From One Widow to Another: Conversations on the New You** Miriam Neff

"Widow" is one title women do not want to have. Yet, according to the Surgeon General's office, 800,000 people become widows or widowers every year in the United States alone. Every aspect of a widow's existence changes-like it or not, ready or not. These changes add to the emotional roller coaster that most women experience after losing their husband. Miriam Neff understands the ride. As she struggled to understand and accept her new role after her husband's death, she recognized the need for women to hear from others about their experiences and what helped them transition to this new stage of life. *From One Widow to Another* offers practical advice for those facing the loss of a spouse. Drawing from her own loss, Neff walks with the reader through practical issues to a sense of encouragement.

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