

# The loss of your husband creates an emotional tornado.

## This workbook will help you find your calm center in God.

Author and speaker Angela Allen draws on her own experience to help you walk through the intense, confusing stages of grief. Like a tender friend, this open-ended journal asks honest and thoughtful questions you can work through at your own pace. You'll find guidance on important issues like:

- How to make practical plans for self-care;
- How to deal with "fixers" who try to rush your grief;
- How to ask for the support you really need instead;
- How to make space for healing in a demanding life;
- How to talk to your children about their grief journey;
- How to turn to God for comfort when you can't bring yourself to pray.

Grounded in Biblical truth and filled with comfort from God's Word, *Choosing to Live After Losing a Spouse* prompts deep reflection without being clinical or preachy. Whether you follow the exercises straight through or follow your heart to choose the module you need, *Choosing to Live* provides a well of peace to refresh you all along your grief journey.