



# Widows Wear Stilettos: A Practical and Emotional Guide for the Young Widow

*Carole Brody Fleet, Syd Harriet*

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Widowhood is a frightening prospect for anyone. Imagine then the sad reality of becoming widowed in your forties, your thirties - or as young as seventeen years of age.

"Widows Wear Stilettos: A Practical and Emotional Guide for the Young Widow" is a compassionate, contemporary and witty book that offers support, education, hope, promise... and even an occasional smile. Widows of all ages, their friends and their families will also find comfort and helpful advice for creating and leading fulfilling lives after painful loss. Offering both practical and emotional guidance, "Widows Wear Stilettos..." addresses issues such as:

- \* How to "take ownership" of the "Healing Journey";
- \* Coping with the comments, opinions and insights that the reader may encounter from those who surround her;
- \* Fashion, beauty, diet and exercise tips; including quick and easy recipes;
- \* How and when to re-enter the "World of Dating";
- \* Advice on financial and "practical" transitioning; complete with "how-to's", checklists and guidelines;
- \* Helping children of all ages adapt and transition.

The book also includes quizzes, journal space, affirmations, "contracts" and other activities designed to help the reader actually see recovery in progress.

Whether she is a brand new widow or she has been widowed for a longer period of time; "Widows Wear Stilettos..." is an invaluable asset to the widow as she moves forward into a new phase of her life.



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