



Death. . . . And How to Survive It: A Unique, Practical and Uplifting Guide to Coming to Terms with the Loss of your Partner

Kate Boydell

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Kate Boydell was widowed at the age of 33. She felt that her life had lost its purpose and she wanted it to end. But she got through it—and so can everyone else. In this down-to-earth, practical, insightful, and sometimes humorous guide, Kate draws on her own experience of bereavement to offer frank advice on coping with every aspect of the grieving process.

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