



The Widow's Journal: Questions to Guide You through Grief and Life Planning after the Loss of a Partner

By PhD, Carrie P. Freeman

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This unique and award-winning guided journal is designed to be a useful, caring gift for those whose husband, wife, or life partner has died within the last year. Losing a spouse or romantic partner causes a special kind of heartbreak, loneliness, and disappointment. Your plans for your life have irrevocably changed.

Because everyone mourns differently, guided journal writing is a useful tool for navigating the phases of grief in a personalized, private way. *The Widow's Journal* is written in a frank yet hopeful style by lifelong journaler Carrie P. Freeman, PhD, a communication professor, who set out to write the kind of book she could have used when, just prior to her thirtieth birthday, she lost her own husband to cancer.

Unlike other bereavement books, *The Widow's Journal* doesn't tell you what to do, it isn't a memoir or collection of other people's stories, and it isn't limited to any particular spiritual outlook. Instead it asks you over 100 guiding questions (from the practical to the profound) that you can use to progress through the grieving process, culminating in a collection of your most useful insights for reflection.

Freeman's thoughtful questions prompt you to reflect on your feelings, but more importantly, provide a gentle path toward productively coping with intense grief while making plans to build a meaningful new life.

This journal works like a guided diary or workbook, with beautifully decorated pages on which to write (and even color - songbird and nature theme).

- **Winner of the Bronze Medal in the Independent Publishers (IPPY) book award category of Aging/Death & Dying for 2017 (this is the world's largest book awards contest).**
- **Also a Foreword Review's 2015 INDIE FAB Book of the Year Award Finalist in the Grief & Grieving category.**

The author's book website is thewidowsjournal.com and has a corresponding facebook page for discussion.

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Editorial Review

Review

"I found *The Widow's Journal* so enlightening. The author beautifully illustrates in her thoughtful manner what we all dread, grief. Whether you are a new widow or the passing of your loved one has been several years, this journal will help you immensely! Each question is so carefully and respectfully worded that it makes you very comfortable answering personal and intimate questions. I found writing all my feelings to be very therapeutic. I would highly recommend *The Widow's Journal* to all widows to help them through a very sad time."

- **Dawn Allen Cashion**, from Virginia. Widowed in her 40's.

Finalist for the 2015 Foreword Review's INDIEFAB Book Award, Grief & Grieving category.

About the Author

Carrie P. Freeman, PhD, holds a doctorate in communication and society and works as a tenured associate professor of communication in Atlanta, Georgia.

Dr. Freeman has authored numerous scholarly publications on ethics, journalism, and social movement advocacy. Prior to her academic life she had a human resources career focused on professional development and personal growth training.

Dr. Freeman has been a widow for more than a decade, losing her husband to cancer just before her thirtieth birthday. A lifelong journaler, she used her personal writing to help deal with the loss—and ultimately created *The Widow's Journal*, a valuable tool for others experiencing the heartbreak of losing a partner.

Users Review

From reader reviews:

Jennifer Handler:

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