



All Alone: Surviving the Loss of your Spouse

Kathleen Rawlings Buntin

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Previously published as *The Living Half*, this redesigned book titled *All Alone* traces the author's feelings and progress as she worked through her sorrow over her husband's unexpected death. In a sensitive and helpful way, she discusses the grief process, from the shock to the guilt, anger, and depression that lead to an eventual resolution. She offers suggestions on how to handle the range of emotions that last over days, weeks, months and sometimes years. Left with children to raise and support on her own, Kathleen also describes experiences with her children and their mourning. The author touches on grief felt in a divorce and suggests practical ways in which friends and loved ones can express condolences in the most helpful way for the bereaved person.

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