



## Tips from Widows

*Jan Robinson*

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## **Tips from Widows** Jan Robinson

'This is a wonderful, beautiful little book. It is like a quiet, wise friend, full of comfort and practical counsel, when your world has collapsed or changed beyond recognition. It is like a crib sheet of how to cope; it is as helpful to friends of widows as to the widows themselves, and it is written from experience, which is the bedrock of reliable advice' Joanna Lumley

When Jan Robinson's husband died suddenly and unexpectedly, she had the idea of asking any other widows, whenever and wherever she met them, for two tips about how to deal with widowhood - anything that came to mind, whether it was what to do or what not to do, however seemingly unimportant. That is how *Tips from Widows* started. Grief is an unmanageable emotion and the form it takes is unique to every woman whose husband or partner has died. There are no set rules about coping with loss. Some people struggle with it for years and maybe never get over it. Others manage to move on. This book makes no claim to be an authority on how to cope as a widow, nor does it set out to offer a thorough analysis of widowhood. It is, quite simply, tips from widows. You may be alone in your boat on the ocean, but *Tips from Widows* will help you to recognise that other boats are out there too.

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