



# **Tips from Widowers**

Jan Robinson

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**Tips from Widowers** Jan Robinson *With foreword by journalist Robert Peston* 

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. From this advice, she constructed her beautiful first volume, *Tips from Widows*.

To Robinson's surprise, the book generated an overwhelming response not only from widows, but also from widowers. From these outpourings it became evident that a second book, this time for widowers, was inevitable.

Grief is an unmanageable emotion and the form it takes is unique to every man whose wife 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 widower; it is, quite simply, tips from widowers. You may be alone in your boat on the ocean, but *Tips from Widowers* will help you to recognise that other boats are out there too.



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