



From Surviving to Thriving (young) Widowhood with Kids

Julie Raque

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This is the story of how a happily married woman and mother of an infant and a toddler, at the age of 29, woke up at the usual 5:15a.m., and how, within two hours, was widowed. What's unique about this book is the writing allows you to see and feel first-hand the grief and tragedy that Julie and her family went through when experiencing the sudden-death loss. It illustrates to other parents how they can rebuild quality lives and mold and shape their children into adults that can live successful lives. Julie struggled for six years as she learned the hard lessons that pulled her and her two children through the grief process and rebuilt their lives in a way she never thought possible without her husband. This book has a powerful message for other widowed and single parents. It demonstrates how a person can lose a spouse; make their way through the grieving process; deal with the anger, guilt, frustration, and feelings of being overwhelmed; be a parent to their children; and come out on the side where the grass is green.

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