

Media Contact: Stacie Reedy

☎ (951) 488-8866

✉ Stacie@jilljohnsonyoung.com

Softcover: ISBN 978-0-578-82044-6

Ebook: ISBN 978-0-578-82045-3

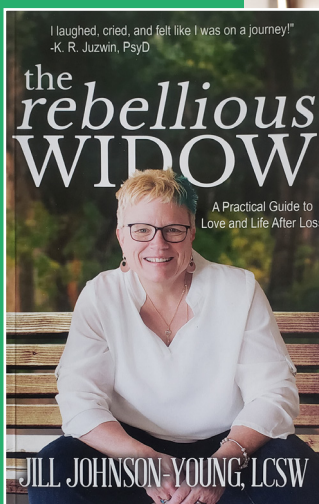
Paperback: 193 Pages

\$18.99 USD softcover/\$12.99 USD ebook

Publisher: Ingram Spark

Publication Date: 2020, released March 2021

Available through Barnes & Noble, Amazon,
direct from www.therebelliouswidow.com, and local retailers



Sample Q&A

Q: "The Rebellious Widow"- where did that title come from?

A: I thought I knew what widowhood involved. I was a social worker, I provided grief groups, I knew all the stuff. Then I met the Widow Rules, and I knew I could not allow anyone else to decide what I needed to do. And it was not what non-widows tell widows grief is about.

Q: Where do the stages of grief fit in being a rebellious widow?

A: They don't. The stages are part of terminal illness- not grief after a loss.

Q: Is this book about the loss of a spouse or widowhood?

A: It is about how to lose your spouse, what it takes to get through that as a couple, and how to reorganize your life and get through the grief after their death. It has boots on the ground practical information and suggestions that will make it more manageable.

Q: How can this book be used- who should read it?

A: It's for any couple facing a terminal illness; someone who has already been widowed and needs to know how this is supposed to work, and how they can feel better; therapists, hospices, clergy, women's clubs, book clubs- they can all use it as a reference point, as a prep book for a moment each and every couple faces, for groups, for family and friends wanting to support someone after a loss and who want to do things to be supportive.

Q: Is this a tough read? Death, dying, grief- that sounds hard to get through.

A: I use humor as an inner resource both in my own process and with clients. The book reads as I speak when I am at conferences and with clients and friends. It has some stories, it has laughter, and it has some tears. What it is not is a sad tale of death and sadness. That's not me, not how I operate in this life, and not how I want my clients to feel. Grievers need permission to laugh again- I absolutely give it to them when their loved ones might be horrified. It's a release they need.

Q: Where can readers find you to "try you out?"

A: I am on almost every form of social media, and my websites have podcasts and clips they can watch and listen. I am on a Facebook Live broadcast every Friday at 10am PT with a grief buddy, and we talk about grief and humor and the grace it provides. If readers listen then when they are reading it they can hear it in my voice. My clients frequently tell me that when they are reorganizing and setting boundaries they will sit for a moment in their deliberations and think "WWJD?" What would Jill do?

Q: Are you still a practicing therapist?

A: I am indeed. I co-founded Central Counseling Services in Riverside, California, and I see clients there on telehealth weekly. My job is to make a difference. This is part of that.

