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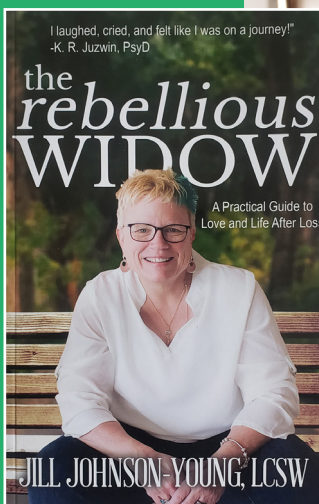
Paperback: 193 Pages

\$18.99 USD softcover/\$12.99 USD ebook

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direct from www.therebelliouswidow.com, and local retailers



Press Release

The Rebellious Widow – helping your loved one through the end of life and doing grief your way

At a time when we are experiencing more losses since the Spanish flu in 1918, multiple times author and licensed clinical social work Jill Johnson-Young says we can do this better. Trying to keep up with the “stages of grief” and then feeling like we are failing at grief only adds to the trauma of losing a loved one, a beloved pet or living with declining health. Breaking the grief rules and doing it your way is healthier and allows grievers to find their way to recovery and a reorganized life with their loved one tucked in with them. In her new book, *The Rebellious Widow* - a practical guide to love and life after loss (Ingram Spark, Publication Date: 2020, release March 2021) Johnson-Young draws on her personal experience of being widowed twice before the age of 50 and the decades she has spent working in hospice and private practice as a Licensed Clinical Social Worker to help the reader understand why our shared common knowledge we share about grief isn't helping us, and in many instances is causing us to stay stuck, at risk of depression, and unable to integrate the loss into our life. This book is for couples as they face a terminal illness, grievers, families and friends of grievers, clergy, funeral directors, therapists, and women's clubs. Grief is a universal experience. We all need to know how to manage it successfully.

Readers will learn how to:

- Cope and draw closer to a dying partner through the end of the illness and death
- Manage the dying process and illness better
- Recognize grief in themselves and others
- Express that they are grieving to others
- Set boundaries to manage their own grief process
- How to plan your life after your loved one's death without feeling guilty about it

- Rewriting the grief paradigm
- Bucking the rules
- Preparing for change
- Envisioning a new life
- Living your life and finding love again
- Life on your own terms

The Rebellious Widow is an empowering read to help you drive, accept and make peace with a significant loss.

Book Topics Covered:

- Adjusting to your loved one's terminal diagnosis
- Helping your loved one cope with their own grief
- Your new role as care giver
- Maximizing the time you have left together
- Hospice care 101
- Saying Goodbye

About the Author:

Southern California based Jill Johnson Young is an internationally renowned speaker, author, clinician and co-owner of Central Counseling services, a large multi therapist mental health center. Jill is passionate about helping people navigate the loss of loved ones and in debunking the myth that there is one right way to grieve. Using her own experience of being widowed twice before the age of 50 along with her years of clinical work, Jill draws upon a unique blend of persona, theoretical and clinical experiences to provide the reader with an easy to understand , practical approach to living life after someone we love has died. She is also the author of *Your Path Through Grief*; *Someone Is Sick- how do I say goodbye?*; *Someone I love Just Died- What happens now?*; *My Pet is Sick- It's time to say goodbye.*