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The Rebellious Widow

Jill is a grief therapist who has had all the experience and an unbelievable story. She was widowed twice before the age of 50, was a hospice social worker and grief provider, and in her clinical work has chosen to specialize in helping people navigate their experience of dying, death and grief. What surprised Jill within her own experience is that the theories and expectations that she was taught as treatment during her clinical training as an MSW and in trainings she attended didn't fit her experience. What was being offered as the "right way" to do grief ended up leaving her feeling shamed and like she was failing. How can we fail at grief? That's how her passion for rewriting the expectations of dying, death and grief came to be. That's when she decided to challenge the "widow rules."

Jill has been featured in numerous podcasts in the USA, internationally and is regularly sought after by television news, podcasters, and radio hosts. She is a multiple times author with books for adults and children, including the very popular workbook *"Your Own Path Through Grief."*

Author Social Links:

Twitter: @griefftalker

Facebook: <https://www.facebook.com/griefftalker>

Facebook: <https://www.facebook.com/RebelliousWidow>

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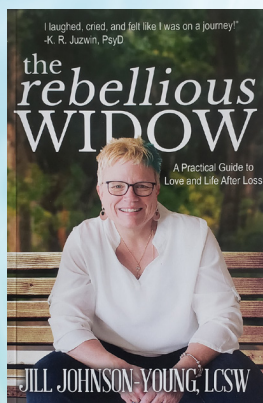
Instagram: <https://www.instagram.com/therebelliouswidow/>

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ABOUT THE BOOK & AUTHOR



The Rebellious Widow - Why everything we know about dying, death and grief is wrong, and how we can do it better. At a time when we are experiencing more dying, more death and more grief 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 is only adding 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 griever 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, griever, families and friends of griever, clergy, funeral directors, therapists, and women's clubs. Grief is a universal experience. We all need to know how to manage it successfully.

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