



When Your Soul Aches: Hope and Help for Women Who Have Lost Their Husbands

Lois Mowday Rabey

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Help and Hope for a Widow's Heart

In the weeks and months following the loss of her husband, a widow may be numb with shock--or feel overwhelmed by a wide range of heartrending, and at times conflicting, emotions. Regardless of her response, she needs to know that she can and will make it through this difficult time. And she needs to know that--no matter how it feels--she is not alone.

More than two decades ago, author Lois Mowday Rabey experienced firsthand the confusion and devastation that follows a husband's death. *When Your Soul Aches* is an intimate collection of inspiration and insights born of that journey through grief. Every woman who has been rocked by the loss of her partner will find relief in Rabey's vulnerable and touching account of her real-life experiences and those of dozens of other widows.

Every widow's pain is unique. So are her circumstances and her experience. Yet she shares many questions and concerns with other women who have lost their husbands--ones that may be best addressed with the help of those who have previously walked through the fire.

Such is the help found in the pages of *When Your Soul Aches*. Written by a widow who remained single for ten years while raising her two daughters, it offers invaluable guidance to women facing the painful emotions and difficult challenges of widowhood.

Compassionate, empathetic, and wise, this book gently encourages those grieving the loss of their husbands to be honest about their feelings. At the same time, it offers real hope that life, though forever changed, can be sweet and good once again.

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