

**IM GRIEVING AS FAST AS I CAN: HOW YOUNG
WIDOWS AND WIDOWERS CAN COPE AND HEAL**

Amy Ikeda

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Looking at mortality rates in bereaved parents, he found no significant increases in the first year following bereavement, but very great differences between grieving parents and controls over a five-year period. Menninger 46 has clinically observed that a typical response is "overwhelming bitterness" at having failed in the task of keeping the vulnerable one alive coupled with a sense of relief that the ordeal is finally .

More empirical data are needed before any firm conclusions can be reached. It was helpful just to know that I wasn't. Reduced standing in the family may lead to reduced confidence in the self. For such women, who organized their lives around husband and family, conjugal bereavement removes the focus of their lives. I highly recommend this book to all young widows who think they are going crazy

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