



# 12 Weeks of Winter and Beyond

*Sandy McBay*

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## **12 Weeks of Winter and Beyond** Sandy McBay

The death of a loved one is difficult for a myriad of reasons, and coming to terms with our grief demands attention and energy. Sudden, unexpected death can be challenging to negotiate and requires some different coping strategies. The simple word 'disbelief' can be a significant hurdle for months. Since each person's grief response is highly personal and individual to them, this book is less prescriptive than it is one of honouring one person's response to the sudden death of her husband. And while there are some common predictors in bereavement, the telling of one's story is often the greatest healer.

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