



# Widows Wear Stilettos: A Practical and Emotional Guide for the Young Widow

*Carole Brody Fleet, Syd Harriet*

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Widowhood is a frightening prospect for any woman, but becoming a widow in one's forties, thirties, or twenties can be terrifying. *Widows Wear Stilettos* deals sensitively with the many problems and questions facing the young widow: depression and grief, helping children cope, facing in-laws, and returning to work. The authors also address practical concerns including financial considerations and personal issues such as health, self-awareness, diet, and exercise. This reassuring book shows how a life that feels at an end can begin anew.

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