



Then & Now: Changed Perspectives of a Young Widow

Michelle D. Jarvie

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Then & Now: Changed Perspectives of a Young Widow is a short book about the journey after traumatic death. Unlike other grief books that concentrate on the first year or two, it is meant for readers who need a fuller picture (six years) of the recovery process. Its organization and blunt honesty also set this narrative apart. Each chapter is broken into two sections: "Then" captures the angry and despairing voice of the first years, while "Now" describes changes and coping mechanisms that help one move forward. In this way, Jarvie explains the kaleidoscope of life: how the broken pieces can become new, beautiful patterns.

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