



# From We to Me: Embracing Life Again After the Death or Divorce of a Spouse

*Susan J. R.N., Ed.D Zonnebelt-Smeenge, Robert C. De Vries*

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While we don't like to think about it, marriages eventually do come to an end, either with the death of a spouse or tragically through divorce. This "end" of a relationship leaves the other partner alone and facing an uncertain future. Whether widowed or divorced, the feeling and experience of aloneness--moving from being a "we to a me"---is a common one. This latest book from noted grief experts and authors Zonnebelt-Smeenge and De Vries focuses on two of five grief journey tasks--separating oneself and reinvesting fully in one's own life--offering a unique self-help, psychological, and spiritual guide for the process of helping either the widowed or divorced to redefine and reinvest in life.

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