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Surviving the Death of Your Ex: Managing the Grief That No One Talks About
Robyn Hass, MSW, MPH, and Robbie Davis-Floyd, PhD © 2016 Praeclarus Press, 274 pages, paperback, \$18.95

Available from: <http://stores.praeclaruspress.com/surviving-the-death-of-your-ex/>

Death is part of life and usually brings with it social support for the ones who grieve the loss of a significant person, whether they are a family member or a friend. There is a sympathy card for almost every situation, except for one. When the one who dies is a former spouse, there is no card and there is not much support, especially if the ex has remarried and has a new family. What about the surviving ex, who also may be devastated? Support and validation for the surviving ex is the subject of this book.

Eight women write of their grief after the death of a former spouse. In some cases, the marriage ended decades previous and the emotions that surfaced were completely unexpected. Along with the loss, the cause of death can be another reason for heartache, whether that cause be accident, addiction, disease, or suicide. The narrative is powerful because each woman holds nothing back. The storytellers intend that others in similar circumstances will benefit by learning that they are not alone in navigating the maelstrom of turbulent emotions that can emerge after the death of an ex.

This is not a book for the faint-hearted; fresh, raw grief fuels these words, as marriages are deconstructed and relationships are analyzed. Mixed into the narrative are messages of clearing, healing, and hope that offer potential for future peace and joy.

The book would be useful for anyone doing grief work, whether personal or professional. My father has been dead a year, a significant other committed suicide 30 years ago, and I found this book relevant. For me, hearing about how grief is manifested in others' lives is helpful.

The topic is profound. It is a sincere and thoughtful read, a way to gain compassion for those who find themselves in circumstances not recognized by our mainstream view of death. The resource chapters offer helpful guidelines for what to say (and what not to say) to those who lose loved ones, along with practical suggestions for surviving the death of one's ex.

A brave and useful book.

Nikki Lee, RN, MS, ANLC, IBCLC, RLC, has been a nurse since 1971. In addition, she is a childbirth educator, a holistic lactation consultant, a craniosacral therapy practitioner, a baby body worker (teaching Infant Massage and TummyTime!), an author, a teacher and a public speaker. Her publications include *Complementary and Alternative Medicine in Breastfeeding Therapy*, the monographs "Benefits of Breastfeeding and Their Economic Impact" and "Sexuality and Breastfeeding" and the educational pamphlet "How to help yourself through labor". She is a reviews editor for the journal

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