



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

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

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Single again? Considering dating or remarriage?

Whether you are widowed or divorced, the feeling and experience of aloneness--moving from being a "we" to a "me"--is a common one. If you have suffered the loss of your spouse through death or divorce, you are standing on the precipice of your new life. Who are you as a newly single person? Do you want to remain single? Or possibly begin dating? Is remarriage an option for you? And if so, how do you blend two families?

In *From We to Me*, noted grief experts Susan J. Zonnebelt-Smeenge and Robert C. De Vries help you find confidence and hope as a single person and begin reinvesting fully in your life. Whether or not you've thought about the future, this caring guide will help you work through your grief and loneliness and point you toward wholeness once again.

"This practical and insightful book speaks to the needs and questions of a major portion of our population."--H. Norman Wright, author, *Recovering from Losses in Life*

"'Whole, healthy, and content without my mate? Impossible.' If death or divorce have left you thinking words like this, you need to curl up with *From We to Me*. Bob and Susan gently guide you through singleness and help you embrace a hopeful vision for your future."--Steve Grissom, founder, DivorceCare and GriefShare support groups

"This book talks to you like the dear loving friends the authors are. Here is friendship in print."--James Kok, pastor; author, *90% of Helping Is Just Showing Up*

"A lamp to light the way out of the darkness into a new light."--Arthur E. Jongsma Jr., clinical psychologist; author and series editor, PracticePlanner books and TheraScribe software

Susan J. Zonnebelt-Smeenge, RN, EdD, a licensed clinical psychologist working for Pine Rest Christian Mental Health Services, and Robert C. De Vries, DMin, PhD, emeritus professor of church education at Calvin Theological Seminary and an ordained pastor, are the authors of *Getting to the Other Side of Grief*, *The Empty Chair*, and *Traveling through Grief*. They speak internationally on dying and bereavement issues.



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Linda Manning:

Reading can called imagination hangout, why? Because if you are reading a book especially book entitled From We to Me: Embracing Life Again After the Death or Divorce of a Spouse your thoughts will drift away trough every dimension, wandering in every aspect that maybe unknown for but surely will end up your mind friends. Imaging just about every word written in a e-book then become one web form conclusion and explanation this maybe you never get prior to. The From We to Me: Embracing Life Again After the Death or Divorce of a Spouse giving you one more experience more than blown away your mind but also giving you useful data for your better life in this era. So now let us teach you the relaxing pattern this is your body and mind will probably be pleased when you are finished reading through it, like winning a sport. Do you want to try this extraordinary spending spare time activity?

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