



# **Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent**

*Jamieson Haverkampf*

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Mom Minus Dad is the only resource guide available with more than 500 resources for adults who lose a parent and need to assist a newly widowed parent. The book provides readers with practical advice on ten major parent loss topics along with more than 500 valuable and time-saving resources including Web sites, companies, government resources, U.S. laws, books, and nonprofit organizations to assist the approximately twelve million sons and daughters who lose a parent every year. Each section provides online and book resources and simple practical solutions to common problems - from finding affordable counseling to building new budgets for the widowed parent to managing changing family dynamics. Each chapter reveals ideas, relevant insights from the author's personal experience, questions to consider, and additional resources to find specific assistance.

The author of Mom Minus Dad gleaned intimate knowledge of balancing her own life with a newly widowed parent. Ms. Haverkampf assisted her fifty-six-year-old widowed mother in Virginia, while still running her real estate business in California, after the early unpredicted loss of her father to cancer. In her groundbreaking book, Haverkampf shares how she and her sister--both in their early thirties--found success and managed struggles during their journey after their father's death. This is a reference guide grievers will refer to during the year after loss and years beyond.



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