

Widows Take Note – There Is Life After Loss

CATSKILL MOUNTAINS, NY: When the marriage of Elaine Williams ended in the tragic death of her husband Joe after 23 years of being together, Elaine could have simply thrown in the towel. Many do. However she chose to take a different path and discovered that there is at last a hope of happiness after loss.

A Journey Well Taken – Life After Loss is at its very core, a tale of discovery. It is filled with shock, sorrow, confusion, despair, pain, grief, transformation, trepidation and ultimately hope.

As regards the death of a loved one, it is never a question of 'if', but is rather always a question of 'when'. Therein lies the problem, for it comes always too soon - the time is never 'right' for such things. It is not the event itself that is so painful, but is rather what we must do after the event that causes the fear to well up inside. For we know that we will be alone. Alone is a terrible place to be.

However, alone does not necessarily have to be forever, as Elaine illustrates so well in *A Journey Well Taken*. The book is raw. It is a gut-wrenching ride through the mind of one left behind. Unlike other books of its kind however, there is no linear progression from excruciating pain to final acceptance. It is instead a roller coaster ride of emotions that run the gamut from grief to joy and back again, time and again.

However it is her at-times hilarious return to the world of romantic relationships that makes this book such a thoroughly delightful reading experience. The message portrayed in *A Journey Well Taken* is both terribly tragic and, at the same time, comical. Her message is an engaging blend of jagged emotion coupled with sidesplitting humor.

Elaine Williams is lifelong writer who has published numerous books. She is a member of the Women Writers Guild and Romance Writers of America. Her message is simple and clear: "A new life can emerge from despair and grief over loss."

A Journey Well Taken: Life After Loss

Elaine Williams

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ISBN: 9780980110807

Website: www.ajourneywelltaken.com

Email: media@onwingspress.com

Phone: 518-589-6229

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