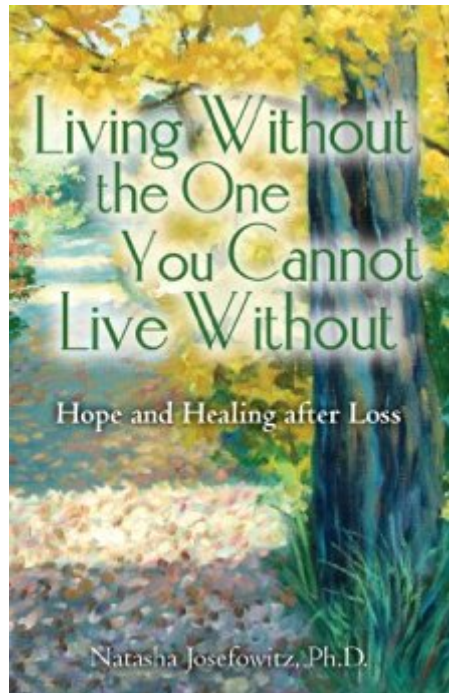


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# Living Without The One You Cannot Live Without: Hope And Healing After Loss



## Synopsis

From the first, life-changing terminal diagnosis to a new way of life as a widow, the deeply moving journey of mourning a beloved spouse's death is the subject of Natasha Josefowitz's candid, uplifting collection of poems, *Living Without the One You Cannot Live Without*. Drawing from her own personal experiences navigating the grief of this seemingly unbearable loss, the author's tender and thoughtful perspective is certain to offer hope and healing to anyone who is embarking on his or her own journey of grief and healing process, regardless of age and life stage. With rich insight and raw honesty, *Living Without the One You Cannot Live Without* guides the reader from mourning to recovery, using simple, relatable poetry that casts an unflinching eye on the day-to-day experiences entailed with losing a loved one. The collection starts with a diagnosis of cancer and travels through the moments experienced in doctors' offices, hospice care, the funeral, and on to the reality of a life alone. Examining the grief process chronologically, the poems progress from the painful early days to the second year, when healing has occurred. The book then culminates with a strong message of hope, as the grieving person emerges once again as a self-sufficient, confident person who is facing the next adventure life has to offer. Natasha Josefowitz was inspired to put her poems on paper by her own experience with the death of her husband, as well as the grief she witnessed among so many of her friends. She now endeavors to help others who are confronting the unimaginable end of a central relationship. With compassion, clarity, and profound humanity, *Living Without the One You Cannot Live Without* is certain to offer solace and support to those who are bereft, and who will benefit from empathy and emotional connection as they work through their own grief toward help and healing.

## Book Information

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## Customer Reviews

For someone who has lost a husband Natasha has hit the emotions that we all go through. She starts fresh and very sad and then lightens up as time goes by. Which is what happens to us as widows. I've read it twice and will send to friends.

What an honor to read *Living Without the One You Cannot Live Without: Hope and Healing After Loss*. Thank you your words evoked shared feelings of joy, sadness, and love for those we've loved and lost. And, when I was alone reading your poetry, I found myself reliving my experience and re-emergence from loss. It was and continues to be a healing experience for me. May her gift of words be given to many as they embark and continue on their journey of healing and hope.  
Linda H, Volunteer Chairperson  
Make the Hope Happen  
Patient & Family Support  
Service  
UC San Diego Moores Cancer Center

With passion, humor and feeling, Natasha Josefowitz chronicles her life after the loss of her beloved husband Herman Gadon. Her experiences, described in the form of poetry, are universal and should resonate with all of us.

I would love to tell the author, "Thank you." This book is exactly what I needed for it spoke both to the heart and to the mind. My husband of 68 years died recently and I was lost in grief and despair. Her style, one thought and feeling to a page, exactly fits the grieving process. Her beautifully expressed feelings, when alone or with well meaning friends, helps the reader get through day by day. To anyone who has traveled this lonely, miserable road. I would say "read this book"!

Natasha has a way of putting into words thoughts and feelings with which you can identify. This time she's sharing her most intimate experience following the death of her companion husband. As a

senior living with a husband to whom I'm "attached at the hip" (as Natasha described her relationship), I find myself wondering what it will be like for me when that day comes. Reading Natasha's verses is like going into her journal. I can fathom the experience. Since she has taken us through the valley to the time when she awoke and found herself "moving on," I recommend these poems to any grieving spouse. I will surely return to them. ~ Carolyn Shadle

Herman Gadon was the one person Natasha Josefowitz could not live without. Her latest work chronicles her poetic journey after Herman's death from "searing pain" to "a complete, self-sustaining well-grounded person alone but not lonely." A broadcast media presence beginning in the early 1980s, Natasha's insightful and playful poetry has chronicled various stages and aspects of her life, making her San Diego's unofficial "Poet/Philosopher in Residence." This latest book of hope and healing, wrested from great sorrow, is her finest work yet. If you are at a loss to express your own grief or offer condolences to someone else, this little book of poems is a way to say it all.

Excellently written. Each poem spoke of the inner emotions when you lose your marital partner and thus, the witness to your life.

"and now I sit alone missing the sharing trying to make myself appreciate the sunset instead I feel sorry for myself for being alone sorry for him - for not seeing it sorry about life's endings as the sky darkens." ~ pg. 38 If you are grieving the loss of the man you love then this book will be especially meaningful to you. This book is a collection of poems that span the time from loss to acceptance. The first poem transports you into the heart of the matter. By the second poem you will feel like crying. At the end of the third poem the page will get blurry. I felt these poems had especially emotional endings which speak of a vulnerability we all can imagine or have lived through. The pain the poet feels after being separated from her soul mate is very apparent. What this book does especially well is it gives the reader a look into the private world of grief. The poems are arranged logically to show the complete transformation of a soul from darkness (pain of loss) to light (renewed happiness and hope). "I have turned a corner I am not sorry for myself anymore I am surviving loss I celebrate having known love" ~ pg. 89 This is a beautiful book filled with heartfelt emotions and real struggles. It will help the reader understand the stages of grief and perhaps give hope that there is happiness after sorrow. ~The Rebecca Review I received this book in exchange for a review. This review is my honest opinion.

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