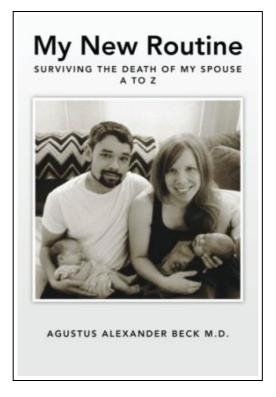
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(Dr. Anya McKenzie)

MY NEW ROUTINE SURVIVING THE DEATH OF MY SPOUSE A TO Z (PAPERBACK)



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Agustus Beck, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. When Dr. Agustus Alexander Beck saw his mother-in-law s name pop up on his Caller ID late one September afternoon, he knew something was wrong. Although his wife s mother, Barbara, was a stellar woman whom he dearly loved, she absolutely never called Beck. She never had a reason to.until that day. What Beck heard when he answered the phone changed his life, his existence, and his routine forever. His world turned upside down; he dropped his cell phone, crumbled to the floor, and cried out in pain. His mother-in-law had called to inform him that his wife, Catherine, was dead. My New Routine is Beck s story of how he picked up the pieces and tried to move on with his life after his wife passed away. Highly emotional, heartwrenching, and compelling to read, it explores the grave depression he experienced as he desperately tried to stay afloat amid the despair left in her absence. Using writing both as a personal healing method and as a way of stretching his hand out to others who have lost a loved one, Beck delivers a beacon of hope that sheds light on his otherwise dark tale. In the days since his wife s funeral, he has strived to reclaim sense and order in his life, and has taken on a new routine that allows him to confront his daily life without his number one ally, his best friend, his true love by his side. Sure to touch the heart of anyone who has ever lost someone they loved, My New Routine encourages readers not to just focus on what they lost but instead to celebrate a life shared together as part of the...



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