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# FOR IMMEDIATE RELEASE

Charlotte, NC.

## Widowed, But Not Wounded:

### The Hustle and Flow of 13 Resilient Black Widowed Women

13 stories. 13 authors. 13 black widows.

*The Journey Through Grief Has a Different Voice*

***"African American women are known by many as one of the strongest groups of women in the world, mentally. But what happens when their mental health takes a turn for the unusual?"***

Charlotte, NC - *Widowed, But Not Wounded* celebrates the life, work, and resilience of thirteen black widowed women who have chosen to document their life after loss. This introductory book is rich in love and laughter and touches on several of the five stages of grief (denial, anger, bargaining, depression, and acceptance). *Widowed, But Not Wounded*, a creation by published author Sabra Robinson was also written to expose the challenges of what black women widows are often faced with after the death of a spouse.

*"Black Women Widows Empowered's research has shown that widowed black women have unique circumstances that aren't always addressed in most widow support groups and organizations. Losing a husband is an event no woman wants to face, no matter the culture or race. Grief has no respecter of person, however; the results of a loss of a spouse differs among cultures."*

African-American widowed women face various barriers after their loss, such as financial challenges, obtaining proper death benefits and adequate healthcare (specifically services offered in mental health and counseling). BlackDoctor.org pinpoints, "Black women often suppress their feelings when challenged with mental, emotional and physical changes for fear of being viewed as weak or crazy, generally taking the approach to having to be a strong black woman. African American women are known by many as one of the strongest groups of women in the world, *mentally*. But what happens when their mental health takes a turn for the unusual?" *Widowed, But Not Wounded*, a Black Women Widows Empowered collaboration, debuts December 1 and was written with the widowed black woman in mind.

Published by BookLocker.com, Inc., the book unfolds amazing stories of grief, loss, and resiliency by thirteen amazing women who write candidly about their rediscovery post-loss. Composed of educators, nonprofit founders, business owners, popular bloggers and published authors from across the nation, the contributing authors include: Beverly Kelley-Jeter, Maureen Bobo, Khadija Ali, Kerry Phillips, Danielle James, Kimberly Holmes-Wiggins, Rhonda Butler, LaTisha Bowie, Melody Dixon-Brown, Beverly Kelley-Jeter, Dr. Beverly Wallace, Angela Richardson Allen, and Cheryl Barnes.

Readers who wish to experience this unconventional work can purchase *Widowed, But Not Wounded* beginning December 1<sup>st</sup> on BookLocker.com, Apple iTunes store, Kobo, and Amazon.

You can listen to a recent podcast of the authors here: [www.blogtalkradio.com/blackwomenwidowsempowered/2017/11/18/a-chat-with-the-contributing-authors-of-widowed-but-not-wounded](http://www.blogtalkradio.com/blackwomenwidowsempowered/2017/11/18/a-chat-with-the-contributing-authors-of-widowed-but-not-wounded)



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**-ENDS-**

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