

It Takes Courage

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Synopsis

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Are you faced with raising your children by yourself after losing your spouse?

Losing a spouse is like waking up in a nightmare that never ends. Your own grief is hard enough to deal with, but it can feel like a daunting and impossible task when you have children to raise in the midst of the loss. Are you afraid of what will happen now? Are you asking yourself, "How am I going to raise my children by myself?" Do you wish you had someone to talk to who understands what you are going through?

In this inspiring guide to living again after the loss of a spouse, Dr. Roneisa Matero will inspire and empower you through her "Courage Process". She will share the techniques she learned while going through her own journey with grief after losing her husband at the young age of 30, with seven - and five-year-old children to raise. Roneisa will teach you:

- How to navigate your own grief while still being a good parent
- Coping strategies to help you and your children heal in a healthy way
- The simple ways to deal with the daily stress created by your loss
- How to overcome the guilt, shame, and regrets

It Takes Courage is your essential guide to understanding and overcoming the obstacles of grieving and raising your children alone. Don't wait - get on the path to learning to live again.

Reader's comments

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