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"An invaluable resource for anyone who has lost their life partner.... Counselors will find this friendly volume a 'must-have' reference." — JANICE NADEAU PhD FT, Psychologist, Marriage and Family Therapist

GAINING TRACTION

*Starting Over
After the Death of Your Life Partner*



Vicki Panagotacos, PhD FT

GAINING TRACTION: *Starting Over After the Death of Your Life Partner*, by Vicki Panagotacos, Ph.D. FT. Steady Guide Press, 2014. 170 pages, ISBN 978-09915805-0-7, \$14.95. **ORDER FROM INGRAM ON STANDARD TERMS.**

*This sensible,
down-to-earth guide
is of great usefulness to
an aging Baby Boomer
population*

Based on her long-running class “Gaining Traction,” grief counselor Vicki Panagotacos delivers a step-by-step program that will open readers’ eyes to a new way of life. Dr. Panagotacos helps them think clearly about what they want — and don’t want — as they move forward after loss. Tapping into personal stories told in her classroom, backed by research that reveals what secretly drives many of our decisions, Panagotacos gets readers emotionally prepared to go after the life they deserve.

“As a professional who has focused on helping those who experience loss, and as a person who is in my third year of grieving the loss of my spouse, I recommend Gaining Traction without reservation. This book is an invaluable resource for anyone who has lost a life partner and particularly good for those who are beyond their first year after loss and think there is something wrong with them because they don’t feel better. Counselors will also find the book this user-friendly volume a “must-have” reference.” —Janice Nadeau, PhD, FT, Psychologist, Marriage and Family Therapist

“Panagotacos has listened well and thought clearly and compassionately about how to gently guide individuals back toward a full life after the death of their mate. Readers will feel Vicki’s understanding of their complex experience and be enriched by her suggestions for imaginative thought and action. Excellent for clients, pastors, therapists and counselors. I will recommend this book to colleagues and friends with a full heart.” — Eric Greenleaf PhD, Psychologist and Director, Milton H. Erickson Institute of the Bay Area