

Chapter 1

In a heartbeat, life can change forever. For Kristen Healy, that moment came when she found her husband, Tim, unconscious one night. "Picking Up the Pieces" is a poignant memoir and self-help guide detailing Kristen's journey through the sudden loss of her husband and the aftermath.

Chapter 2

As a widow and mother of three, Kristen faces the challenge of helping her family cope with grief after Tim's unexpected heart attack. She recounts the fear and chaos of that night, the waiting for paramedics, and the devastating news from doctors.

Chapter 3

Through raw, emotional narratives, Kristen shares moments of despair, strength, and the slow healing process. She describes the struggle to maintain normalcy for her children, the fleeting hopes amidst overwhelming grief, and the invaluable support from loved ones.

"Picking Up the Pieces" is a blend of memoir and self-help, offering comfort and guidance to those facing similar tragedies, and showcasing the resilience of the human spirit.