



Grief, Golf, and Reinvention: A Man's Journey through the Loss of his Wife to a New Life

Mick Rothman

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Grief, Golf and Reinvention, is the inspiring story of a retired man who suddenly finds himself widowed, alone and needing to define his new life. It is a story about the long journey from shattered pieces, through acceptance, to renewal, strength, and personal reinvention. It is an absorbing, quirky, and amazing journey from loss to a new normal, with the love of friends & family, a beginner's mind, and the regularity and peace to be found in the wonderful game of golf.

Mick Rothman's beautifully written book is as therapeutic as it is fascinating. I found it impossible to put down as it drew me into his life's sudden crossroad. His emotional honesty is truly admirable and his journey extraordinary. -Ron Perlman, Ph.D. President, The Center: Resources for Teaching and Learning

Well written and very entertaining. An excellent illustration of the importance of meaningful activities and meaningful relationships in a person's life during a time of loss. -Kim A. Meyer, Ph.D., Bcba-D Clinical Psychologist and Board Certified Behavior Analyst

This book will be helpful to men who find grief and grieving unmanly. On the other hand, as a woman, this is very insightful into how a man processes emotion differently than a woman. A much-needed guide to finding our emotional comfort through the process of grief. -Lynne Shupp, Ea

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