

John Polo of Better Not Bitter Widower

author. speaker.

hope & empowerment dude.



I met Michelle as a teenager, and we fell in love.

Eight years after our High School romance we reunited and planned to spend the rest of our lives together, alongside her amazing daughter.

Two short years after being reunited with the only woman I had ever loved, she was diagnosed with a one in seven billion cancer.

She passed away two and a half years later.

Michelle was thirty years old.

Through all of the tragedy and devastation that occurred, somehow, I was able to find a better version of myself.

As I picked up the pieces of my broken heart and devastated soul, something amazing happened.

I discovered a deep passion for writing and speaking about love, loss, grief, healing, empowerment and hope.

My goal is to help others both honor their pain and see that a hopeful tomorrow can indeed exist.

I am the author of the best-selling book "Widowed. Rants, Raves and Randoms", and I have co-authored a journal entitled "Hurt to Healing: The Journal from Life to the Afterlife".

You can follow me on my website www.betternotbitterwidower.com and on FB, Instagram and YouTube by searching Better Not Bitter Widower.