

Liam Neeson Dealt With Wife Natasha Richardson's Death By Running Away



Actor Liam Neeson opens up about wife Natasha Richardson's tragic death in March's issue of *Esquire*, according to [People](#). Neeson, who lost Richardson nearly two years ago in a skiing accident, is still stricken with grief from time to time. "You can't prepare for it. You think you're gonna cry and get it over with. You make those plans, but they never work," Neeson says. He attributes distractions as a way to avoid depression, even going so far as to say he would "run away to work."

What makes people runaway when faced with a difficult situation?

Cupid's Advice:

When something unexpected happens, a basic "fight or flight"

instinct kicks into gear. Your reaction depends on the type of person you are. Cupid has some ideas:

- 1. Face it:** It may be easier to turn a blind eye and avoid the problem, but that won't make it go away. You can only avoid something for so long before you're forced to deal with it.
 - 2. Take some time:** Sometimes the way you want to react to a situation may not always be the correct way. By taking some time to process what has just happened, you can readjust your reaction to a more appropriate one.
 - 3. You're overwhelmed:** Grief can bring out a laundry list of emotions we may not express on a regular basis. This new and scary encounter can be overwhelming at first and cause people to avoid the problem rather than confront it.
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Liam Neeson is Dating Again





After the tragic death of his wife Natasha Richardson last year, Liam Neeson has finally found love again. [Starpulse](#) reports that the actor was spotted leaving Nobu restaurant in London holding hands with British businesswoman Freya St. Johnston. Neeson and his children were devastated when Richardson passed away in March 2009 from a brain injury caused by a skiing accident. Johnston is the first woman to be seen with Neeson since his wife's death, but she has refused to confirm or deny the relationship, stating, "I am not saying anything whatsoever." **How soon should you date after the death of a spouse?**

Cupid's Advice:

The death of a spouse is one of the most difficult experiences to deal with, but it is possible to survive it and love again. Cupid has some ideas on how and when to date again after the death of a spouse:

1. Take your time: Jumping into a new relationship immediately after the death of a spouse is often times a bad idea. While it may feel like the only way to heal after a break-up, it's better to spend time alone to grieve a spouse's death. Lean on your friends and family when you need support.

2. Keep your children in the loop: Once you have allowed enough time to grieve and feel ready to date again, make sure to talk to your children. Let them know that no one can replace their mother or father, but that you are ready to move on.

3. Start fresh: Dating again should not be a way to replace your spouse or to find a new parent for your children. Realize that there will never be another person like your husband or wife, and keep an open mind as you continue your journey to happiness once again.