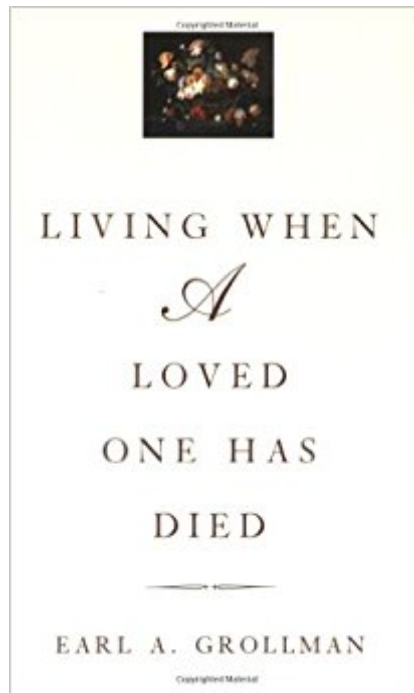




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Living When A Loved One Has Died: Revised Edition



Synopsis

When someone you love dies, Earl Grollman writes, "there is no way to predict how you will feel. The reactions of grief are not like recipes, with given ingredients, and certain results. . . . Grief is universal. At the same time it is extremely personal. Heal in your own way." If someone you know is grieving, *Living When a Loved One Has Died* can help. Earl Grollman explains what emotions to expect when mourning, what pitfalls to avoid, and how to work through feelings of loss. Suitable for pocket or bedside, this gentle book guides the lonely and suffering as they move through the many facets of grief, begin to heal, and slowly build new lives.

Book Information

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Customer Reviews

If you're far away when someone you care about is in mourning, send this book—it's the next best thing to being there. And if you doubt whether your being there will do any good, read this book, and you will learn how to become the wise, reassuring, and understanding person a good friend is when a loved one has died. —*Minneapolis Star*

Rabbi Earl A. Grollman is an internationally recognized bereavement counselor who has been named Hero of the Heartland and given the Distinguished Human Service Award from Yeshiva University, among countless other awards. He is author of the best-selling *Living When a Loved One Has Died* (Beacon / 2719-7 / \$10.00 pb), among many other books, and articles about him and his work have appeared in *USA Today*, *Harper's*, *Reader's Digest*, *Ann Landers*, *People*, and in

virtually every major American daily. He lives in Belmont, Massachusetts.

Giving this book to someone who has lost a loved one is one of the best things you can do for them. It kept a friend from losing his job when he showed his manager that what he was suffering from were the effects of bereavement.

I was given this book when my mom sister passed. I scanned it. Then a month later my mom died, I read it. It helped my grieve when I couldn't, it assisted me in putting things in perspective, and above all it made me feel that I wasn't alone. I have referred to it periodically over the past year when "the feeling" comes over me. When my friend's father passed recently I purchased a copy for her and she couldn't thank me enough. It is a most thoughtful gift to someone who is mourning. Forget the sympathy card because it's just another bunch of the same words over and over again. Get this book, give this book instead.

I simply love this book. It helped me so much. My husband of nearly 40 years died 2 years ago. I have been in some very deep depression and thought this book might help as it was recommended by a ministry web site I enjoy. This book hits the nail on the head. All those feelings you can't seem to speak words for he does.....so simply put but in your face. Not a hard read but very direct. All things must come to the light so we can move on and discover our new normal. It's not easy but with such love for someone you must travel a road of pain to get beyond it. There is life on the other side, not the same life but still a life that can be enjoyed and to be thankful for.

This is not my first purchase of this amazing healing book. I always have one on hand to give the family after a loved one has passed to help them deal with their emotions.

One of my favorite books about grief. I have several copies and loan them to congregants often. It is an easy read with short poems and thoughts. There is something for everyone in this book of healing.

Thumbing through this book, you might think it doesn't look like much but you'd be wrong. This style is not meant for rushing through; take time and pause between statements, really let the message sink in. There is no doubt when grieving so many of the words will relate to you, deep down. Re-read the portions that relate to you at the specific time of your grief.

Anyone going through this devastating loss would benefit from this book. It's not that it has answers; there aren't any. But it validates that others are asking the same, unanswered questions. The language is spare, simple, and evocative. It doesn't tell you that you "should" do or be or think anything. It gives permission for you to be where you are and deal with the loss in your own way, at your own pace.

This book is the best book to give to someone who has lost someone they love. I was given this when I lost both my parents and it is now my bible. I have had the honor to speak with Earl Grollman a few times and he is a wonderful man, it is no surprise he wrote such an amazing book. I have recently sent this book to someone who also lost both her parents rather similarly to how I did, and it is already helping her. I couldn't be happier.

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