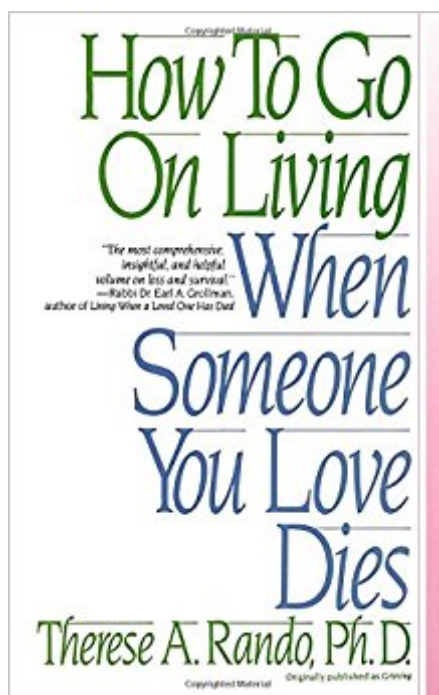


The book was found

How To Go On Living When Someone You Love Dies



Synopsis

Mourning the death of a loved one is a process— all of us will go through at one time or another. But wherever the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve; each person's response to loss will be different. Now, in this compassionate, comprehensive guide, Therese A. Rando, Ph.D., bereavement specialist and author of *Loss And Anticipatory Grief*, leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself. Whether the death was sudden or expected, from accident, illness, suicide, homicide, or natural causes, Dr. Rando will help you learn to: Understand and resolve your grief. Talk to children about death. Resolve unfinished business. Take care of yourself. Accept the help and support of others. Get through holidays and other difficult times of the year. Plan funerals and personal bereavement rituals. *How To Go On Living With Someone You Love Dies* also includes a comprehensive resource listing and a chapter on finding professional help and support groups. There is no way around the pain of loss, but there is a way through it. Dr. Rando offers the solace, comfort, and guidance to help you accept your loss and move into your new life without forgetting your treasured past.

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Customer Reviews

"Dr. Rando's book should help anyone who has survived the pain of this kind of loss and

is "I'm trying to adjust to a new world without his loved one."--Art Linkletter

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This book has helped me tremendously after the death of my father and my best friend (within 6 months of one another). When you lose someone so important to you, you don't always react in ways that make sense, and if you're surrounded by people who haven't lost anyone close to them, it feels incredibly lonely. Friends can make you feel like crap without meaning to simply because they have no idea what is happening inside of you. One friend said "Oh, you're still upset about that?" when I said something about not being ready for some event 3 months after my best friend died. I had one person compare the death of her cat to the death of my dad, as if it were the same thing. I've lost a cat before, and that hurt really bad- lots of tears, but I cannot tell you how much worse losing someone who gave you their lifeblood hurts. It is incomparable. The fact no one around understood what it was like made me feel incredibly alone and bitter, so I withdrew from my circle of friends, thinking there must be something wrong with me. This book really helped me feel less alone. It explained how grief differs for everyone, ways to recognize a grief reaction versus a normal reaction, and gave examples of situations. It also helped me feel more sympathetic towards my friends and people around me who hadn't experienced that kind of loss. It provides a larger

perspective that is often difficult to maintain during moments of heavy grieving. I highly recommend this book.

I lost my dad on Jan. 30th 2016 and my mom on Feb. 13th 2016. Although both were older and I knew death comes to all, I was not expecting it the way I had pictured it. Life and death has it's own time table. The book helped not only me but my daughter, whom my mom helped raise. The sudden loss of both left a huge hole in our lives and we had very little support except each other. I went back to work while trying to handle the estate, thinking that I was doing well. If you don't have a good support system in place at work or home you will crash at some point. As much as others expect us to "move" on, we need to allow ourselves as much time as needed. How to go on Living gives us the permission and guide lines to keep going and to heal in our own time. My heart goes out to all of you that's lost a love one and is looking for help.

Perhaps one of the top 5 books I've ever read on grief and bereavement. As a professional Counselor and Life Coach I would strongly recommend this book. The opening chapters lay out a basic understanding of what transpires in the mind, body, and to the social and psychological aspects after a loss. The second half of the book looks at loss from many perspectives...loss of a parent, spouse, child, sibling, etc. I have bought many of these books to hand out as tools for my clients. It is informative, practical, and specific to each person.

Having recently lost our otherwise incredibly healthy and active son-in-law to sudden death from a heart attack, this book has proven to be a tremendous help, not only learning how to handle our grief, but to be better friends and parents to our daughter and her in-laws at this time of such sadness. It is an amazing tool to help process all the emotions and confusion that this circumstance has generated. Happily it was our grieving newly widowed daughter who suggested this wonderful book. Although it cannot deal with each and every type of loss, it covers such basic losses experienced with the death of a loved one in such simple-to-understand ways, and in such an organized presentation, as to allow the reader to internalize and universalize the tools offered to deal better with other griefs and losses experienced over a lifetime. It isn't "preachy" or clinical, but rather very naturally presented to the general public, with a depth of references to allow the reader to pursue more indepth study, should they so desire. Truly an amazing book. Many thanks to the author for her work for us!

This book is not for everyone AND I don't think it is for the newly bereaved. But if you are one of those who wants all the clinical information about "normal" grief processes, this is a good place to get it. I do wish that the publisher had set the copy with more white space; the dense text is a bit difficult to wade through. But the book is packed with information presented from every viewpoint toward every circumstance and every aspect of grief that can be categorized and described. Does this make it repetitive? Maybe, but at least the information is there where you're looking instead of being directed to skip here and there.

I recently lost my grandmother who raised me and then a grandfather 30 days later. On top of that there is an emotional divorce occurring with my spouse. I wish I had found this book sooner. I have shared this book with my psychologist and even she has found this book above any others out there. The book has validated my heartache, confusion, anger, sense of loss and has helped to stabilize my emotional well-being. Chapters 1-10 are in my humble opinion the most profound and the foundation in helping EVERYONE out there to heal and to understand that what we are going through is real and does not make us crazy. My hope is that anyone who is struggling will find solace as well. A MUST BUY!

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