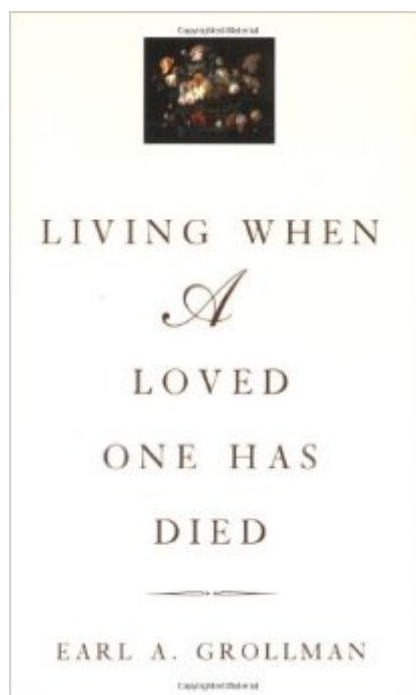


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# Living When A Loved One Has Died: Revised Edition



## 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

My husband died at 47 of lung cancer. I went to grief counseling and purchased any book or piece of information I could find to help me through the grieving process. This book, by far, has helped me the most. It was easy to read when my concentration level was at an all- time low. This was written by someone who has obviously been through this experience. I keep several copies of this book on hand to give to friends as the need arises.This is a book that can be read and re-read many times. It has brought me great peace and comfort over these last 4 years.Thank you so much Rabbi Grollman!

My mother died unexpectedly two months ago after fracturing her hip. I was her sole caregiver (she had moderate stage Alzheimer's) and even though I was preparing myself for her first being in a

nursing home and ultimately her death years down the road, this sudden passing away left me totally empty and void. I didn't know what to feel except that I had let her down somehow. I had always promised her I would take care of her and not let anything bad happen to her. I found myself emotionless with regard to anything except grief. Then I found this book two weeks ago, took it home and read it. This book touches upon every emotion you go through when you grieve. It is not written as a self-help book. It does not tell you what some professionals think you should be doing to continue living in spite of your loss. It is simple. The sentences are short. It tells you that it is alright to feel the way you do. I have kept my book on my coffee table ever since and have picked it up twice already when I was feeling low. I will definitely be giving this book as a gift to friends as the occasion warrants.

As a clergyperson for many decades, I have recommended this book more than any other to parishioners, whose loved one has died, given it to friends in the same situation and used it myself when I suffered the loss of a very special loved one. For most of us in today's world, we are rather isolated from the reality of death and what people truly go through when a loved one dies. The folks we love often die in an institution. They are then handed over to a mortician, who usually "prepares" the body to look "good." And even the burial often takes place after we leave and the dirt used to bury our loved one is covered with artificial grass until we are gone. And so often, even our close friends will offer some consolation for a while, but they covertly hope that we will "get over it" and move on fairly quickly. But that is not the real world that I lived through when my loved one died. I have never "gotten over it" and never will. There are times when the sharpness of grieving for him comes over me with the same searing power it had so many years ago. If someone we have truly loved dies, our lives are permanently altered. And the wonderful thing about Grollman's book is that it names the reality of what grieving is truly like. It's like, "At last, there is someone who knows what I am going through and gives it names, but he shares his thoughts in such a way that I can feel that healing will come at its own pace, and that it is OK for it to be that way." It is a hopeful book because it real, but gently so. It is like having a friend who truly knows what we are going through and is willing to walk with us through this "shadowed valley." It is part of how the promise of God, to be with us so we don't have to be afraid of the journey, becomes a reality. Dr. Wayne Bradley Robinson

I bought this book sight unseen, simply because I think he's a terrific author on death. He speaks the language of the commoner regarding death. I was shocked to find the entire book is written as a series of poems. Originally it threw me off, but as I read the book I was better able to appreciate the

impact of using that format for these words. I originally purchased the book for a close friend who was about to observe the 1st anniversary of her sister's death. I hadn't realized how much her sister's death affected me until I read this book and couldn't give it to my friend. I had to buy another copy just for her. The poems said exactly what I had been feeling through all my grieving stages but hadn't found words to express them. It was a godsend.

This is not for those who are in the first weeks of loss. The honesty of the text can be hard to deal with while the loss is still new. However, when I needed to finally let go after the death of my grandmother in 1996, this book was a tremendous help to me. It was the catalyst that finally got my emotions flowing and helped me to process the grief. I had been walking around in the "grief bubble" for weeks and wanted to cut through the blackness surrounding me. The passages inside were the catalyst I needed to finally get my emotions flowing and process the grief when I lost my grandmother and, later, my father. This is the gift I give to friends when they are ready to move on and step out of the shadow of loss.

I never experienced the death of someone close to me until my brother died. This book seemed to put into beautiful and comforting words all the feelings I couldn't verbalize. It made me feel normal and not as though I was losing my mind with grief. I recommend it to ANYONE surviving through grief.

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