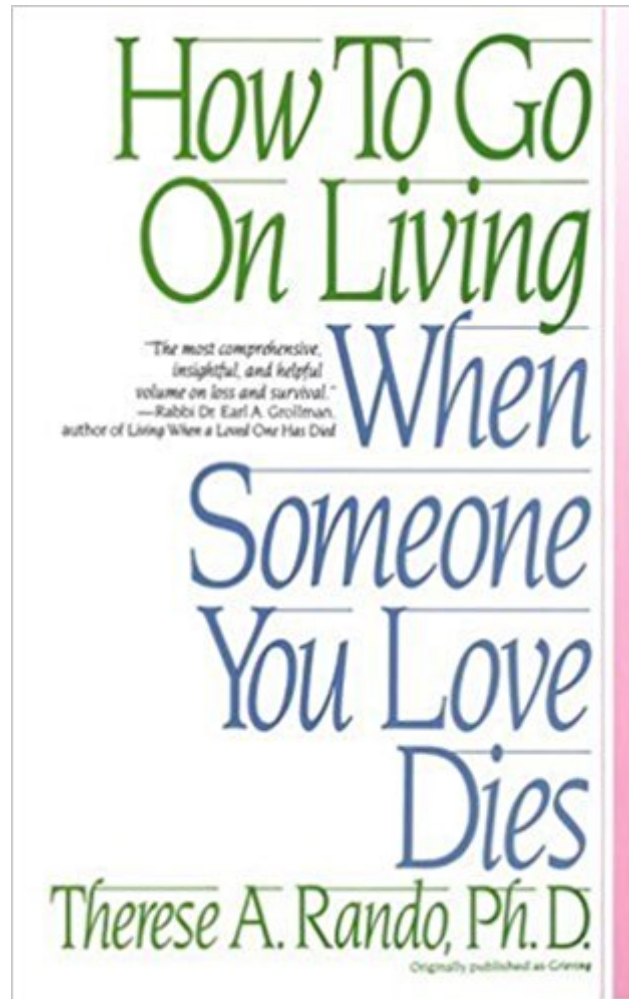


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# How To Go On Living When Someone You Love Dies



## 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.

## Book Information

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## Customer Reviews

Following the death of my wife, this book was sent to me by her best friend. It was by far the best book on dealing with grief that I read. I have since sent it to several others (including my mother-in-law and mother) who have also found some comfort in knowing that the intense and

(fortunately) unfamiliar feelings associated with grief are actually normal. This would be the first resource that I would recommend to anyone dealing with the death of a loved one.

I read this book shortly after the death of my husband, who was also my best friend, my lover, my confidante and my soulmate. Nothing can ease the pain of losing him, but this book helped me understand that what I was feeling was okay...and to be expected. I would recommend this to anyone who is grieving for the loss of a loved one, since it has specific chapters for different losses, i.e., spouse, sibling, parent, etc. I have returned to various sections of this book as I pass through the many stages of grief and always found it helpful.

...After our son died I was devastated. I needed to understand the feelings that I was now experiencing and how to cope with them. This book was the clearest and most compassionate resource on grief that I've found. Dr. Rando discusses every unique type of loss a person could face and then goes on to explain why you will feel as you do. The last part of her book is dedicated to helping you understand how to resolve grief and heal from such loss. So far I have given away 4 copies of this book to friends and family. I even gave one to my son's psychiatrist. They have all had high praises for the book. Personally, I don't know how I would have survived this past year without it!

I just read the other review & find it terribly unfair. I was given a copy of this book after the death of my son and found it very helpful. All topics concerning grief were dealt with matter of factly. As to cultural relevance, we write about what we know. I don't think Dr. Rando is saying this is the way you have to do anything. Like many things, you take what speaks to you and what you can use. It is well organized and the sections are brief. Many times you are incapable of reading long passages after dealing with a loss. It gets right to the heart of the matter. Great book.

As a clinical psychologist, I find this book to be the most constructive resource for clients who have experienced a loss. It says all the things that I want my clients to hear. Therese Rando conveys compassion throughout the book, and knows how to normalize the many aspects of grief. Although she draws on a host of personal and professional experiences, she remains true to the research on grief and never misinforms her readers. If you have lost a loved one recently, please be sure to read this book.

I lost my first husband 5 years ago. He was 48, I was 42. He was chronically ill with complications from diabetes. After his death, I searched the bookstores for the books that would help me get through the grieving process. I was lucky to have chosen this book. It became my resource. It qualified the feelings I was feeling, the thoughts, the sadness...etc.....I remember having some sort of a feeling and going to the "book", there it was, an answer a qualification.. I bless Dr. Rando... I now give this book to the bereaved instead of flowers or mass cards. I add a personal note in the book. I can not tell you how many people have learned from the book. They all feel the same way as I do. It is written with heart and soul and truly touches the bereaved. We must go on.. Just as an aside I am re-married to a wonderful man. I have been blessed twice..I credit "How to Go On Living" with helping me turn my life around, deal with what I needed to deal with. Most of all I had to go on and learn that death is a part of life and that we all must grieve in our own way. Thank You Therese.. how I wish I could meet you....I'll be in Rhode Island in July! How about lunch??

After the murder of my daughter five years ago, I too began the search for something that would help relieve my pain. I read many books and articles and, of course, received some insight from many. After reading Dr. Rando's book I concluded that I had found the one which could serve me both as a grieving father and a professional counselor who is now involved in providing support to others.

I lost my mother suddenly and unexpectedly. My wife lost her mother eight weeks later after a lingering illness. Of all the books we have read on grieving, this is one of the two or three most helpful. This is especially good on the differences among individuals in grieving and the fact that each person's experience will be unique. I found the sex-role discussions occasionally too stereotypical, but otherwise this accepts and addresses a very wide range of circumstances, factors and issues in the grieving process.

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