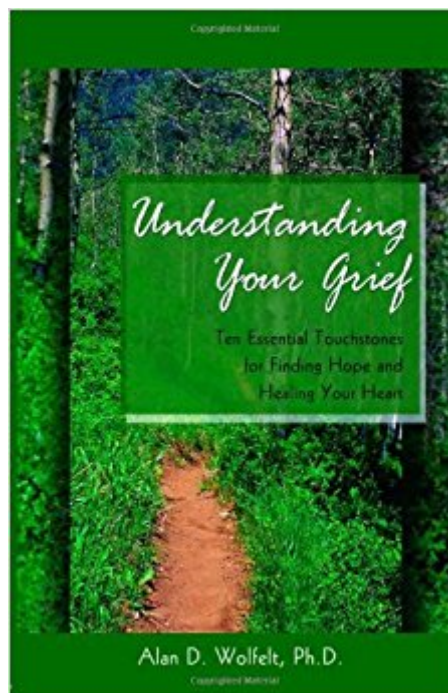




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Understanding Your Grief: Ten Essential Touchstones For Finding Hope And Healing Your Heart



Synopsis

Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have.

Questions

Book Information

Series: Understanding Your Grief

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Customer Reviews

Alan D. Wolfelt, Ph.D., serves as director of the Center for Loss and Life Transition. He writes the "Children and Grief" column for Bereavement Magazine and has appeared on The Oprah Winfrey Show, Larry King Live, and Today. He is the author of Healing Your Grieving Heart, Healing a Teen's Grieving Heart, and Understanding Grief. He lives in Fort Collins, Colorado.

Having lost my husband, I feel a huge loss and void in my life. I was frantic to find some way to get through the abyss...and this book was recommended to me. Initially, I found the author to be very repetitive, so reading it was somewhat tedious. As I reached Touchstone Four, I noticed that what he was saying really spoke to me and described what I am feeling/dealing with pretty accurately. I realize now that Wolfelt's repetitive style is designed for people who are grieving and mourning, because the grieving process causes loss of concentration and decreased ability to retain information. You are numb with grief and yet your brain is in over-drive, so the repetition helps what he is saying to really sink in. I am using this book as the "course outline and textbook", so to speak,

for a bereavement group that I am attending. The book and its accompanying journal are great for giving each member of our group focus on the tasks and issues at hand and keeping us from wandering aimlessly in the confusion of our grief. I have attended groups after other losses in my life, but this one is the best because it does have strong guidance and direction from both the author and our chaplain. A friend of mine just lost his father...when I am finished with it, I think I will pass this book along to him.

Of all the books I've read since my son was killed (and there are plenty), this one would be at the top of the recommendation list for the bereaved to read. It thoroughly covers every facet of grief that one will ever experience along the journey. For once, I had my own worst time of day acknowledged and explained. In our mourning-avoiding society, this book validates and fortifies the bereaved. In addition, Ph.D. Wolfelt adeptly and compassionately shows the way to integrate grief into a positive transformation toward a new life of hope as our loved ones would want us to live. (Note: Knowing the nature of grief as it is, I suggest this book might be best read months after an intense loss. Otherwise you may find yourself reading each sentence or paragraph over and over trying to make sense of it due to the inherent lack of concentration caused by the severe assault to the mind as well as the heart. Where ever you are along the grief journey, it is never too late to read this book and begin proactive healing.)

My wife died in April and this book was recommended to me by a friend. I have many books on the subject of grief, but I would definitely put this book at the top of the list with a couple of other ones. I have read it through a number of times for it has helped me identify what I am experiencing emotionally and realize it is O.K. I have recommended it to a number of people and feel it is one of the best for a grieving person. It is very comprehensive and easy to read.

Wolfelt focuses on reintegration and reconciliation rather than recovery. The result is liberating and life giving. He offers dozens of suggestions for positive action. Grief does not have to create victims.

After a traumatic death in the family, well-meaning friends, who didn't know what else to do, gave me books. I threw them all out. They only hurt more, and made me feel like there was something wrong with my grief. 9 months later, I took a course based on this book. It was tremendously helpful to me in understanding and accepting all aspects of my feelings of grief. I highly recommend it to both mourners and their friends.

good quality

My wife is a Hospice grief counselor and says the books are excellent.

Best book I have been able to relate too during my grief. Journal is essential pair.

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