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Surviving Grief ... and Learning to Live Again

Catherine M. Sanders

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An insightful, compassionate account of the grieving process that helps us through the pain and isolation experienced with the loss of a loved one.. We're never really prepared for the loss of someone we love. Thrown into a state of emotional chaos we experience rage, guilt, anxiety, and intense sadness all at once. It's the oldest story in the world, we tell ourselves -- millions of people have had to cope with this before -- and yet, we always believe that what we are experiencing is unique to us. We feel isolated in our anguish and often ashamed of what we are feeling. A profoundly compassionate and insightful book, Surviving Grief. & Learning to Live Again offers you the support and understanding you need to get you through this difficult time. Written by Dr. Catherine Sanders, a therapist and researcher specializing in bereavement issues and one who has lived through the loss of close family members, it helps you to see that what you are feeling is part of a natural process of readjustment and renewal. According to Dr. Sanders, grieving, like any other natural regenerative process, must be allowed to run its proper course if we are ever to regain our equilibrium and continue on with our lives. To help us better understand the process, she describes the five universal phases of grief: Shock, Awareness of Loss, Conservation and The Need to Withdraw, Healing, and Renewal, and guides us through each. Drawing directly from her own experiences and those of her clients and her research studies, she delves deeply and compassionately into the different experiences of grief, and talks about what it means to lose a mate, a parent, or a child. And she discusses the factors that can have an influence on the grieving process, such as age, gender, and the circumstances surrounding the loved one's death.

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