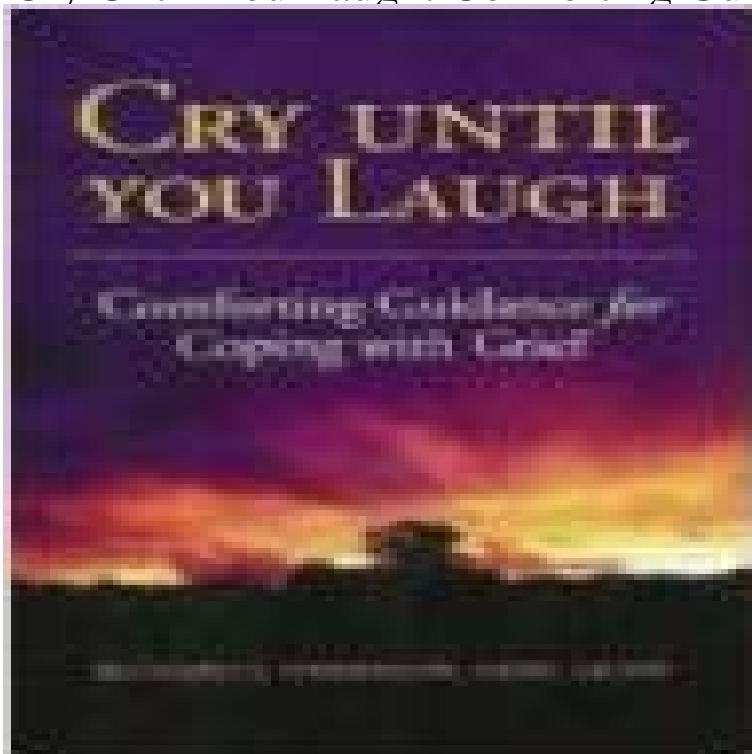


Cry Until You Laugh: Comforting Guidance For Coping With Grief



Bereaved individuals are often given books to read immediately after a death. Most of these books are psychologically heavy and tire out the reader in the first few pages. Those books get set aside and not picked up again. This book with ease of reading, practical insight, and appropriately placed humor allow the bereaved to take relief breaks as they read. The bereaved will understand not only their issues but also how society views them as they mourn. The concept of mourning as the job of re-identifying the new self is spelled out with clear and practical non-psycho babble words. The process of mourning the loss and the subsequent emotional responses are described in order to assist the bereaved understand how they are feeling normally nuts. As they come to understand this, they dont need to worry about what they are feeling...rather they will use their energy to process the loss/grief feelings. The final pages of this book are dedicated to the myriad of myths associated with grieving today. Once the bereaved learns and understands these myths they will not be harmed by the lies that have been perpetuated on the bereaved for hundreds of years. Easy reading easily helpful. A hopeful book about the journey through the pain of loss to where a person can once again feel good about feeling good. -- The Reverend Roger A. Ernst, MDiv Dick integrates wit and charm...introducing laughter into a dealy serious subject. I strongly urge health care professionals dealing with grieving clients to benefit from the wisdom and practical advice of this professional.-- Ronald E. Cranford, MD

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