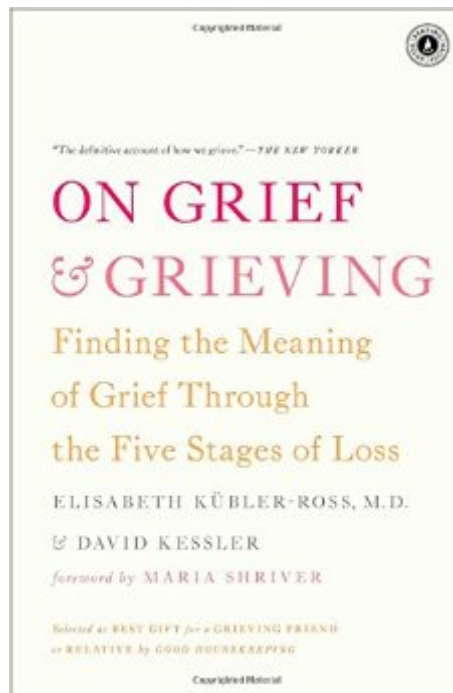


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# On Grief And Grieving: Finding The Meaning Of Grief Through The Five Stages Of Loss



## Synopsis

Ten years after the death of Elisabeth Kübler-Ross, this commemorative edition of her final book combines practical wisdom, case studies, and the authors' own experiences and spiritual insight to explain how the process of grieving helps us live with loss. Includes a new introduction and resources section. Elisabeth Kübler-Ross's *On Death and Dying* changed the way we talk about the end of life. Before her own death in 2004, she and David Kessler completed *On Grief and Grieving*, which looks at the way we experience the process of grief. Just as *On Death and Dying* taught us the five stages of death—denial, anger, bargaining, depression, and acceptance—*On Grief and Grieving* applies these stages to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing. This is a fitting finale and tribute to the acknowledged expert on end-of-life matters.

## Book Information

Paperback: 272 pages

Publisher: Scribner; Reprint edition (August 12, 2014)

Language: English

ISBN-10: 1476775559

ISBN-13: 978-1476775555

Product Dimensions: 5.5 x 0.7 x 8.4 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (343 customer reviews)

Best Sellers Rank: #5,980 in Books (See Top 100 in Books) #11 in Books > Self-Help > Death & Grief > Grief & Bereavement #12 in Books > Self-Help > Relationships > Love & Loss #16 in Books > Politics & Social Sciences > Sociology > Death

## Customer Reviews

*On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss* by Elizabeth Kubler Ross and David Kessler is a must-read book, a compelling page-turner for me, that provides profound insights into the necessity that we must properly grieve the passing of our loved ones. As pointed out by the authors, the grieving process is not instinctual for us; it requires learning. It is particularly important that as adults that we don't forget to teach our young about grieving, for if a child doesn't grieve in an appropriate way for him or her, that repressed grief may surface years later, a phenomenon that sometimes happens to adults as well. The book is very humane and

compassionate and "teaches with short, clear and concrete stories" that analyze some of the many possible surrounding circumstances that others have faced in losing loved ones. Potentially, we and the people we know could face such circumstances as well. In addition, with these stories, the authors provide relevant and insightful advice and the reasons for that advice. The authors state that, "if you do not take the time to grieve, you cannot find a future in which loss is remembered and honored without pain." They remind us that we will never forget our loss of a loved one and that we will never be the same; they also remind us that we can learn, when our own individual timetable suggests, that it may be possible to find "renewed meaning" in our lives. This renewed meaning will continue to include, "loving memories and honor for those we have lost." I highly recommend that you read this book and that you give it to others, as personal circumstances "dictate.

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