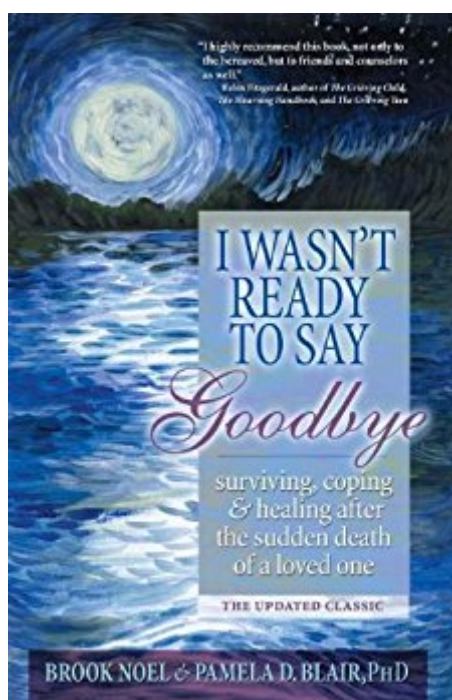


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I Wasn't Ready To Say Goodbye: Surviving, Coping And Healing After The Sudden Death Of A Loved One



Synopsis

Now there is a hand to hold... Each year about eight million Americans suffer the death of someone close to them. Now for those who face the challenges of sudden death, there is a hand to hold, written by two women who have experienced sudden loss. This updated edition of the best-selling bereavement classic will touch, comfort, uplift and console. Authors Brook Noel and Pamela D. Blair, Ph.D. explore sudden death and offers a comforting hand to hold for those who are grieving the sudden death of a loved one. Featured on ABC World News, Fox and Friends and many other shows, this book acts as a touchstone of sanity through difficult times. *I Wasn't Ready to Say Goodbye* covers such difficult topics as the first few weeks, suicide, death of a child, children and grief, funerals and rituals, physical effects, homicide and depression. New material covers the unique circumstances of loss, men and women's grieving styles, religion and faith, myths and misunderstandings, *I Wasn't Ready to Say Goodbye* reflects the shifting face of grief. These pages have offered solace to over eighty thousand people, ranging from seniors to teenagers and from the newly bereaved to those who lost a loved one years ago. Individuals engulfed by the immediate aftermath will find a special chapter covering the first few weeks. Tapping their personal histories and drawing on numerous interviews, authors Brook Noel and Pamela D. Blair, Ph.D, explore unexpected death and its role in the cycle of life. *I Wasn't Ready to Say Goodbye* provides survivors with a rock-steady anchor from which to weather the storm of pain and begin to rebuild their lives.

PRAISE FOR I WASN'T READY TO SAY GOODBYE "I highly recommend this book, not only to the bereaved, but to friends and counselors as well." Helen Fitzgerald, author of *The Grieving Child*, *The Mourning Handbook*, and *The Grieving Teen*"This book, by women who have done their homework on grief... can hold a hand and comfort a soul through grief's wilderness. Outstanding references of where to see other help." George C. Kandle, Pastoral Psychologist"Finally, you have found a friend who can not only explain what has just occurred, but can take you by the hand and lead you to a place of healing and personal growth. Whether you are dealing with the loss of a family member, a close personal associate or a friend, this guide can help you survive and cope, but even more importantly... heal." *The Rebecca Review*"For those dealing with the loss of a loved one, or for those who want to help someone who is, this is a highly recommended read."*Midwest Book Review*

Book Information

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Customer Reviews

After five years having passed since the tragic sudden death of my son, the pain is with our family everyday. It does not get better, it just changes. We have read many books, and attended several grieving groups, with mixed results. Although we have survived the first year, we continue to be told that we have "excessive grief" and have been told that we need to "get over it and move on". Those of us who suffered this tragedy live in a different world and always will. This is one of the few books that absolutely "gets it".

I found this book at the library about 3 weeks after my husband passed away suddenly. I read it and re-read it and shared it with my kids. It was so helpful, so affirming, so validating of where I was at in my sadness, grief and loss. I then purchased it and the companion workbook. I have given it to the people in my path that have undergone a sudden death too - VERY helpful.

It was a good supportive read for somebody dealing with grief due to a sudden loss of a loved one.

I read this book before preparing to meet my husband in another country, after his brothers unexpected death. I read it on the plane, and I found it incredibly helpful in trying to find ways to

comfort him, and try to understand what he was going through. Well written, it is a great book for the person who is grieving, and the person who is trying to support the person who is grieving. A book to be saved on my bookshelf, and to be given to others.

It helped, but I also need one-on-one grief counseling.

The authors openly share their own continuing journey with loss applying principles where applicable as the book develops. Sensitivity is given avoiding offering trite solutions but rather granting information that will help others in their own journey with loss. Chapters are short and can be read or skipped over if they do not apply. A chapter on suicide, military loss, the loss of friends, family or those who are otherwise connected to the grieving person. The references at the back more that make up for the cost of the book guiding one to support groups, societies or printed material that could be of help.

My husband passed away unexpectedly a few months ago. I needed some books to help with my grief and anxiety as I was not prepared for support groups. Found this book at the library and checked it out three times. Finally realized I needed to have my own copy. . Every time I open it I find something that tells me what I am feeling is normal...especially that my feelings are of sadness....not depression. Losing anyone you love is horrific but a sudden death leaves even a more helpless feeling of confusion and overwhelming grief trying to work through the feelings. I know I will use this book for a very long time. I have read many books about the grieving process and this by far is the best.

I bought this book for myself after the sudden loss of my mother in 2008. It was so helpful. Page after page you catch yourself saying, "Yes! That's exactly how I feel!" or "Thank goodness this is normal. I thought I was going crazy." I have since given this book several times to friends who have lost a loved one unexpectedly, and every one of them has come back to me to tell me how helpful it was. Some of them have even continued my habit of buying it for someone they know who loses someone unexpectedly.

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