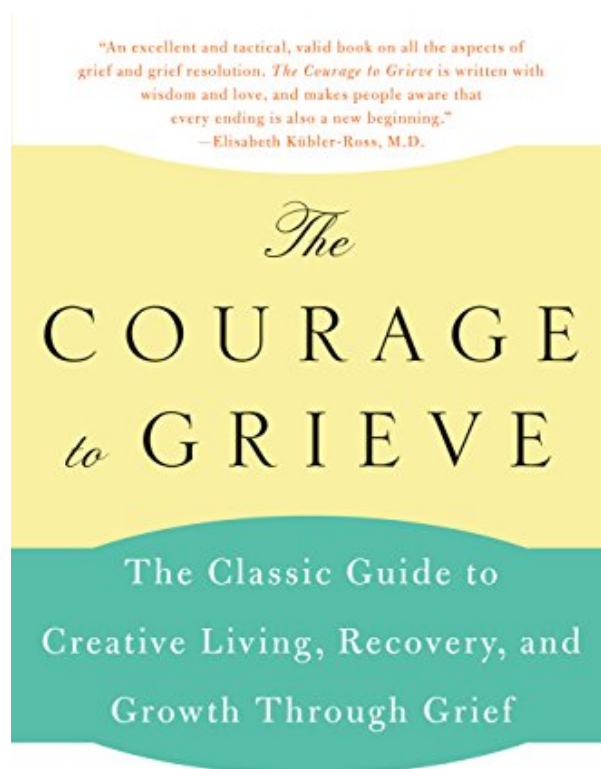


# THE COURAGE TO GRIEVE: THE CLASSIC GUIDE TO CREATIVE LIVING, RECOVERY, AND GROWTH THROUGH GRIEF BY JUDY TATELBAUM



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—Elisabeth Kübler-Ross, M.D.

*The*  
C O U R A G E  
*to* G R I E V E

The Classic Guide to  
Creative Living, Recovery, and  
Growth Through Grief

JUDY TATELBAUM

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## Review

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#### About the Author

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This unusual self-help book about surviving grief offers the reader comfort and inspiration. Each of us will face some loss, sorrow and disappointment in our lives, and *The Courage to Grieve* provides the specific help we need to enable us to face our grief fully and to recover and grow from the experience. Although the book emphasizes the response to the death of a loved one, *The Courage to Grieve* can help with every kind of loss and grief.

Judy Tatelbaum gives us a fresh look at understanding grief, showing us that grief is a natural, inevitable human experience, including all the unexpected, intense and uncomfortable emotions like sorrow, guilt, loneliness, resentment, confusion, or even the temporary loss of the will to live. The emphasis is to clarify and offer help, and the tone is spiritual, optimistic, creative and easy to understand. Judy Tatelbaum provides excellent advice on how to help oneself and others get through the immediate experience of death and the grief that follows, as well as how to understand the special grief of children. Particularly useful are the techniques for completing or "finishing" grief--counteracting the popular misconception that grief never ends. *The Courage to Grieve* shows us how to live life with the ultimate courage: not fearing death. This book is about so much more than death and grieving it is about life and joy and growth.

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#### Most helpful customer reviews

32 of 32 people found the following review helpful.

Vanished my fear that I was having a nervous breakdown.

By A Customer

I had never been in the position of losing a partner before. I went to a therapist and she gave me this book to read. While reading this book my fears about never being the same again started going away, and I began to feel that it was okay to feel the way I was. This book should be read by anybody who has lost a loved one. I am getting several copies to give to people when they lose a loved one. This book brought me back from the nightmare I was in.

24 of 24 people found the following review helpful.

The Best Grief Book I've found

By A Customer

I read about 20 books on this subject after the sudden death of my young husband. I was looking for a road map to get through the shock and grief. This book was the only one that really helped me. It is an excellent, practical guide for those who have experienced a death of a loved one. Sudden death is especially traumatic and the book really helped me understand that what I was feeling and doing was perfectly normal. Good Luck.

29 of 31 people found the following review helpful.

Finishing

By Trinetta Wellesley

I found this book helpful in the first part on grieving.

Then when it came to *Finishing* I found myself mostly in opposition to the author's stance.

I afterwards read *"Transcending Loss"* by Ashley Davis Prend who writes in her introduction : "There are many wonderful books available that address grief and how to cope with it. But these books focus on crisis management and imply there is an " end" to mourning. They essentially fail to address the issue of griefs ongoing impact, and how it changes through the years....Your grief will undoubtedly change over time, but it will never be "finished".

Judy Tatelbaum writes : "...The relationship is over". Ashley Davis Prend says : " Death doesn't end the

relationship, it simply forges a new type of relationship - one based not on physical presence but on memory, spirit, and love."

The other missing ingredient in JT's book is any mention of spirituality.

This is given delicate and respectful attention in *Transcending Loss*.

I lost my husband of 38 years almost three months ago, and found this last book much more helpful.

See all 53 customer reviews...



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