



"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*

I WASN'T READY TO SAY

Goodbye

surviving, coping
& healing after
the sudden death
of a loved one

THE UPDATED CLASSIC

BROOK NOEL & PAMELA D. BLAIR, PhD

Brook Noel

I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One



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The grief books that simply "gets it".? Helen Fitzgerald, writer of The Grieving Kid, The Mourning Handbook, and The Grieving Teen"This publication, by women who have completed their homework on grief. For individuals who face up to the challenges of sudden death, the classic guide I Wasn't Prepared to Say Goodbye gives a comforting hand to hold, compiled by two authors who've experienced it firsthand.. An exploration of unexpected death and its own role in the cycle of live, I Wasn't Prepared to Say Goodbye provides survivors with a rock-stable anchor that to weather the storm of discomfort and begin to rebuild their lives..Each year about eight million Americans suffer the unforeseen death of a loved one.Acting since a touchstone of sanity through hard times, this publication covers such difficult topics since: The first few weeks Suicide Death of a Child Kids and Grief Funerals and Rituals Physical effects Homicide DepressionFeatured on ABC World News, Fox and Friends and many other shows, this publication offers offered solace to more than eight thousand people, which range from seniors to teenagers and from the newly bereaved those who lost a loved one years ago.. can take a hand and convenience a soul through grief's wilderness. Excellent references of where to see other help.this guide can help you survive and cope, but even more importantly. Kandle, Pastoral Psychologist"Finally, you have discovered a friend who will not only explain what has simply occurred, but may take you by the hands and lead you to a place of curing and personal growth..Praise for I Wasn't Prepared to Say Goodbye:"I highly recommend this book, not only to the bereaved, but to close friends and counselors as well."? George C..."?Midwest Publication Review"? The Rebecca Review"For all those dealing with the loss of a loved one, or for individuals who desire to help somebody who is, this is normally an extremely recommended read. heal.



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Some convenience for me After five years having passed since the tragic sudden death of my son, the pain is with our family everyday. The grief I carry with me, I know it must be directly proportional to my parent's love. There's grief, memories, also searing confusion, but all are a piece to the process. Although we've survived the first calendar year, we continue being told that people have "excessive grief" and also have been informed that we need to "get over it and move on". Those of us who suffered this tragedy reside in a different world and always will. That is one of the few books that certainly "gets it". I'm in my twenties, and both my parents passed on unexpectedly. His loss of life was so sudden and so unexpected that I required something to help me cope. As a writer I simply couldn't find my own words to deal. After reading other testimonials on this reserve I knew I needed to order it.. It also allows you to understand there is no time period limit on grief and no two people will ever grieve the same. Much because of the author Gave me the tools to cope with my mother's passing Though my mother was sick for several years, her death completely through me off my center of gravity. I'd always (for reasons unknown) suppressed grief previously therefore i found myself lost and dumbfounded with out a clue concerning how I was going to live in the days that followed without the individual who'd been there every single day of my entire life. I am quite spiritual, though not at all religious; this book made no try to shove my nasal area into a bible and tell me to merely "have faith". It in some way gave me permission to grieve, to end up being angry, and finally to heal - all on MY terms, instead of those of sometimes insensitive well-wishers.'What this publication revealed to me was how much energy I was using by focusing on my inability to 'recover'.I Wasn't Ready to Say Goodbye reduces the different kinds of grief and will be offering ways to cope with each in an easy-to-read file format. He sensed like he was directly on track for his grief. My just regret is not having read this publication immediately following my mother's passing. Doing so would certainly have enabled me never to struggle so much with the overpowering sadness, anger, and discomfort. He's already talking about rereading it. They are defining moments that help me travel this trip. The day he read the book, his entire demeanor changed. This is one of the best books I have read surrounding the death of a loved one I have read. Personally, i have lost 10 family members in about as many years and this publication helped alot in my own life. Extremely easy to understand, and have read it several times Gift Gift to a person who needed it. At least one a yr since 2010 plus some years, 2. Instead of running from those emotions, I now bring them with me. An profound way to obtain clarity and insight. A must have if you are grieving My husband went set for a routine test and ended up dying from it. Plus a ton of additional support, this book offers helped me a great deal. I purchased it hoping it would quicken my improvement of "moving on" from my overwhelming grief. The concept of a time-body for "moving on", the book shows, is unhelpful and harmful.This book puts to rest questions like, 'Is what I'm feeling normal? Helpful Interesting read Very helpful Very helpful - written by two therapists who have walked the path of losing someone as well young, instantly, and unexpectedly. At the same time, I have also found that a) many individuals and businesses go out of their way to attempt to extract money from survivors in vulnerable moments like this, and I've spent dozens of hours in the last couple of weeks fighting off these efforts, and b) as a surviving partner, I am the just person with the authority to handle most business matters linked to my husband's moving - so family members can't help, actually if they want to, and c) I am still looking to get the state police to give me basic information on their internal statement of what happened - up to now, to no avail. It also gave me the various tools to identify each stage of grief since it happened so I could deal with myself, as they say. That concern with not having the ability to "get over it". My self-perceived lack of recovery frightened me from discovering and internalizing the details of the tragedy. It hasn't helped me "move on" more quickly, it shows me that my thoughts and feelings are understandable, justified, and common among people that knowledge all types of unexpected losses. We have read many books, and attended many grieving groups, with mixed results. It generally does not progress, it just adjustments.This

book really helped. The memories, also the difficult ones, they belong to me. Books to greatly help in enough time of healing. I do not really regret buying this book. Helpful general - though not realistic on the subject of support from others My husband died in an apparent accident 6 weeks ago - and overall I have found this book very helpful. I wasn't ready I lost my husband to suicide, which book was my very best friend . I have certainly received psychological support and practical the help of friends and acquaintances, that I am extremely grateful. or 'Is how I'm feeling normal? A book such as this would be even more helpful if it would acknowledge these realities and suggest coping strategies. Perfect This book. I really like it so much! It has sections therefore i usually simply find the section talking about what I am presently experiencing. I purchased it about a month after my father passed. I browse a chapter a night in fact it is assisting me to deal and to understand that life does continue. It's been 9 months right now and I just love the publication. I must say, however, that it overestimates the level to which someone in this situation can expect help from others. Have lost kids, grandchildren,parents, partner, nieces, sister-in-law, way too many to list. Wasted money Not what I needed.'; They do a beautiful work of outlining the complicated character of grief within the context of complicated human relationships, providing specific information for those who have lost a spouse, mother or father, child, sibling, friend. Actually helpful. Worth the read Good book Great for lack of a loved one I purchased this for my mom after losing her spouse. She has just received the reserve and so much has enjoyed it. Works perfectly, high quality. Packed nicely and received needlessly to say. Extra-long Cord! Useful I bought this for my dad who lost my mom of a sudden heart attack, he was having good and bad days. He is not really the type to visit any therapy, and I didn't learn how to help him.. I have re-read it several times and each period, it provides me amazing solace. He especially loved the portion of guilt queries and answers. If you've lost someone you like and even if you're close to a person who did, this is THE book that will help you get through the tough times ahead.We felt really lost and disconnected for a while, and this book is a profound and important component of acquiring myself again.



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