

"Simply the best book I have ever read on the process of grief.
Simultaneously heart-wrenching and uplifting."
—Ira Israel, *The Huffington Post*

Bearing *the* Unbearable

Love, Loss, and
the Heartbreaking
Path of Grief



Joanne Cacciatore, PhD

Foreword by Jeffrey B. Rubin, PhD

Joanne Cacciatore

Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief



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especially in the case of a traumatizing death that leaves us shouting, “ with every fibers of the body. Foreword INDIES Award-Winner — Gold Medal for Self-Help Whenever a loved one dies, the pain of loss can experience unbearable—If you love, you will grieve—NO!”and nothing is more mysteriously central to becoming fully human.will be needed reading for grief counselors, therapists and public workers, clergy of most varieties, educators, academics, and medical professionals. Through moving tales of her encounters with grief over decades of supporting individuals, family members, and communities— Organized into fifty-two short chapters, Bearing the Unbearable is usually a companion for lifestyle’ Dr.s most challenging moments, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity. Joanne Cacciatore—bereavement educator, researcher, Zen priest, and leading counselor in the field—accompanies us along the heartbreaking path of love, loss, and grief.and often lasts for much longer than other folks, the nonbereaved, tell us it should.and also her own experience with loss—Cacciatore opens a space to procedure, integrate, and deeply honor our grief. Not just for the bereaved, Bearing the Unbearable The procedure of grieving can experience crazy and nonlinear— Organized into fifty-two accessible and stand-only chapters, this book can be perfect for being read aloud in support groups.



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I can relate in many ways to the words that Dr. I allow each story of like and grief function itself through my body, and I began to realize how my own understanding of MY suffering was expanding and growing. I've got sort of a dual/parallel knowledge as I've worked through it. All of my love to Dr. Jo provides written because I have lost two children. My daughter, Jada Soleil, and my child, Jordan Vaughn, were killed by their father, who then dedicated suicide.. As I examine Bearing the Unbearable, at the end of each chapter, I'd close my eyes and take into account the different and complicated experiences of those who shared their grief. This publication is definitely a testament to Joanne's unwavering love for all living things and her courage to become the support that of us need. There were some tales that felt like they were ripped from my very own life. Jo It has taken me quite a long time to place into words how I feel about this book. Another interesting experience that I had as I read this book is normally that We read it aloud to my hubby. He asked me to learn it to him because he wished to know more about that most sacred, bereaved Mama section of me. My hubby never really had the privilege to meet up my children. For a few, the journey may be enriching. I wanted to help others working with loss of family so donated it to my regional library in my own late husband's memory space. Dr. Great read Loss of spouse Helped me a lot dealing with grief I purchased this for myself shortly after the death of my spouse. Dr. My mom found her blog on-line and immediately told me that I got to read her words on kid loss. I experienced a kindred link with Dr. Jo as soon as I find out about her bereaved Mama like and pain. I instantly reached out to her for help and she has been in my life ever since. The fact that her heart is now written into words that I could read whenever I need to is an immeasurable blessing if you ask me. To "allow" it space in my own existence and mold it into compassionate manifestation. Dr. Not merely did she provide me info and the will to continue my journey, she gave me wish that I would find my method through my grief. She both recognizes the increased loss of my kids as the most abnormal experience that a mother could ever walk through, and at exactly the same time, normalizes the extreme feelings swelling through my center and body every second of each day. To say that I am grateful because of this book is an understatement. This publication has brought me closer to my kids, to my husband, and most importantly, if you ask me. I purchased multiple copies do share with other loss mothers. It is full of twists and turns, deep lows, and vibrant highs.. Higgs, Seven Valleys, PA Bringing loss, grief, and link with where it belongs, in to the present moment This book is a testament of how grief moves into our lives in the most unimaginable way and how we can transform that grief into something more tangible and constructive through contemplative process, love, and empathy. It is not a hand-book, but rather, is normally a shining beacon: (i) for the individual grieving, what grieving is not and cannot be, namely, something to be overcome or see through or move ahead from; and (ii) for the person in get in touch with with the individual grieving, what's helpful and not helpful viz the grieving person, because their grief is not something you can or should help them to overcome or see through or move ahead from. there is no 12-step program; He knows Jada and Jordan through me. For others, the journey may be a descent into inescapable despair. But what this reserve makes painfully apparent: There is no elixir; you can find no good works to perform as compensation; As the writer (who speaks from her own personal tragedy of losing a child, and from her life's work of learning grief, counseling those people who are grieving, and teaching about grief at the university level), how grief may be embraced truly is an individual trip. there is no way around grief--only through it; there is no conquering grief--rather, mustering the courage to surrender to it; Joanne for your amazing function and open center. It doesn't try to make it seem like you will 1 day you will end up being the person you used to end up being again, but that instead it is possible to live with pain and love simultaneously. This book is a testament to Joanne's unwavering love for all living things and her courage to be ... After the stillbirth loss of my first granddaughter in December 2007, I needed help understanding how and why this happened and what I possibly could do about any of it. I was angry and on a objective but I could not end crying. My daughter in regulation and the mom of this precious baby offered me the name of the MISS Foundation and so my trip to understanding began. After many failed tries to obtain Joanne on the phone, she called me. Throughout that conversation she mostly listened while I talked through my unrelenting tears. Joanne speaks about those terrible feelings of self-hatred, and countless suffering, and she gives me a light to go towards. I have always been so grateful that busy lady took enough time to listen and educate me. She comprehended because she had dropped her girl and she experienced helped so many relatives of lost children find their method through the grieving process. There were some stories that made me cry..

Thank you once again, my pal. Your style of composing, the poetic strategy you possess, strengthens my center. Bless you and yours! Joan W. A Powerful, Instructive, and Riveting Have to Read What makes this book so powerful, therefore instructive, is that it concurrently addresses grief both from the perspective of those who are grieving and from the perspective of those who are in touch with those who are grieving. Joanne encourages me to essentially FEEL and not simply intellectualize my emotions. Joanne Cacciatore provides to the forefront not merely her own experience with traumatic loss of her beautiful child, Cheyenne, alongside many personal losses, but her professional experience working with others in traumatic grief. She keeps all in a sacred space. Forget about looking at grief as a sickness or pathologizing those that are struggling. What she teaches is definitely that the suffering is normally a direct connect to our like, to those that are gone, and in that love and reduction can be a tangible beauty and thanksgiving that may break through the chasm of false belief that people need to "overcome" it and move on and manifest our grief into something tangible and beautiful. a grief that may hardly ever subside, a grief that time will not heal, and a grief that culture does not want to listen to. Joanne gives me permission to feel my discomfort despite the fact that I live in a global that wants to inform me that I will be "over it" right now.. She addresses why it is imperative that our happiness obsessed culture awaken and embrace our grief. Many thanks. Such a beautiful book After my daughter was stillborn, I purchased and was gifted more books on loss and grief than I knew what to do with. I would examine a chapter or two and move on. Great book - the very best I've read about coping with grief!"As this book drills home: Only by avoiding love might one avoid grief--if one loves, one is destined to grieve. The writing is beautiful and does not make an effort to simplify the challenging emotions of grief. I will read it again and again, because if I've learned anything, I've learned that grief isn't linear. Joanne Cacciatore provides given us another tool to explore the grief that we both feel over the loss of my infants. This book was undoubtedly my favorite and may be the one that has really stuck with me. He honors and loves my children, and wants to understand them as deeply as you possibly can. For any type of loss just a great book Must read Best Grief Book I'VE Read I have read many grief books, but this is actually the best so far. Has an understanding tone throughout, and targets living with grief instead of "recovering from it." A must read As a mom who lost three young children in a tragic incident, I found this publication to be profoundly comforting and validating. Dr. Joanne shares her own personal tragic experience of losing her newborn baby child Cheyenne and how it permanently changed her. She provides a screen into our painful world. The 7-year-anniversary of the worst day time of my entire life is just two weeks away. I just finished reading Bearing the Unbearable and completely loved it. Joanne offers taught me that deep struggling is the result of deep like, and I love and miss my babies more than I could ever express.the extraordinary and unthinkable reality of child loss. Jo and her loving function and for this beautiful little bit of loving, compelling phrases. I will forever be thankful for Dr.... Having dropped a grandchild traumatically, this publication provides me the loving perch to rest and "end up being" with my grief. For griever this publication will resonate within you, and for those who want to provide support to grieving parents this book is it. great book incredible book for people who have lost a critical person within their life, I ordered this for a friend and she has thanked me many times Amazing support and insight for a grieving Mom I actually couldn't put this book down. I found it so useful, insightful, empowering, heartfelt as a grieving parent.We met Joanne less than a yr after I lost my children. Joanne shares amazing insight and enables you to not feel so alone. Her descriptions of grief and traumatic loss helped put phrases on things which have been washing over me. Thank you to dr. and there are no answers to the query "why" and perhaps no reason actually to ask "why.



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