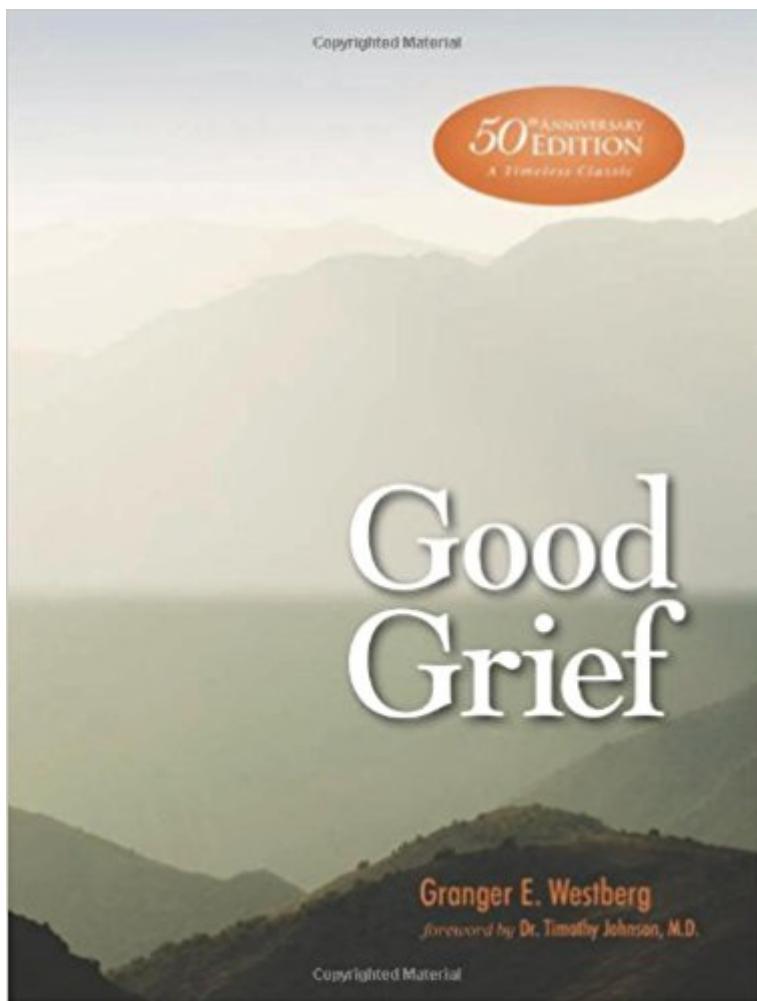


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Good Grief: 50th Anniversary Edition



Synopsis

For fifty years Good Grief has helped millions of readers, including NFL players and a former first lady, find comfort and rediscover hope after loss. Now this classic text is available in a new edition with a foreword by one of the nation's leading communicators of medical health care information. An afterword by the author's daughters tells how the book came to be. Good Grief identifies ten stages of grief--shock, emotion, depression, physical distress, panic, guilt, anger, resistance, hope, and acceptance but, recognizing that grief is complex and deeply personal, defines no right way to grieve. Good Grief offers valuable insights on the emotional and physical responses persons may experience during the natural process of grieving. The anniversary gift edition includes space for readers to record thoughts about their personal experience with grief. Whether mourning the death of a loved one, the end of a marriage, the loss of a job, or other difficult life changes, Good Grief is a proven steady companion in times of loss.

Book Information

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Customer Reviews

I just finished re-reading this gem. It is immediately clear why it has been and will continue to be a best seller. It is written with the heart of a pastor, the insight of a psychologist, the humanity of a father and husband and the hope of someone who has seen so many survive the process of grieving. It is simple but not simplistic. It is profound but not professorial. Most importantly, it describes the pathway through grieving that can only be found through honesty. In my opinion, this is a book that should quickly be in the hands of anyone grieving for any reason. --Dr. Timothy

Johnson, M.D. and ABC News Senior Medical Contributor

Rediscover the hope and comfort that millions of readers have found in Good Grief. --This text refers to the Audio CD edition.

I'm still reading Good Grief. I have really learned a lot from Good Grief. I have always thought of grief as having a relationship with people. Yet, when Mr. Westberg spoke of grief's relationship to other things such as jobs, pets and other things, it made sense. Personally when I lost a job not only did I grieve for it, I had a nervous breakdown. This book has been healing in many ways

Great book about the different stages of grief whether you recently lost someone close to or you lost a job or you had to move away from friends and family. This book is really a great book for stages of any kind of grief. It is also extremely short and easy to read. The whole thing can be read in about 30 minutes so it is great to read with a Friend who might be going through grief as well.

For over 40 years, I have given copies of "Good Grief" to many families and individuals. It is the best small book on dealing with grief. This week, I am giving this tiny volume to a family whose 18-year old daughter has been diagnosed with thyroid cancer and also may have a more stubborn cancer to deal with. She has finished her freshman year in college so the promise of life ahead may be a challenge. The caring pastor and sensitive lay person will find this small book a way of assisting those dealing with some great loss. Rather than platitudes or the inability to say nothing useful, one may place this book in the hands of those who are perplexed by the change of fortune and let the author guide them through the flow of emotion that collide.

I should get a royalty on this product because I have bought so many of this book. It is by far the best book to give to those who are newly bereaved. The short sections and lack of psycho-babble make it perfect for someone who needs the information but has a hard time concentrating because of the swirl of emotions that flood those who are grieving. It is written from a Christian perspective and everyone who has read it tells me that they found it helpful.

Until we have a name for something we are going through it's often hard to feel that it's okay we are going through it. That it's normal. Good Grief's short, simple guidance through the process of loss has been invaluable to me over the years. One of the key things about this particular book that

make it so invaluable is that it conveys the understanding that loss and grief don't necessarily only come through the death of a loved one. Sometimes the same feelings of loss and grief can come through the ending of a relationship, the loss of a child in a divorce, or the changing of one's life abruptly and dramatically through illness or disability. Five stars for this concise, very relevant book about going "through" grief, understanding grief, and coming out the other side until it was "good" grief! It will help.

It made me feel somewhat normal, instead of feeling like I was the only person in the world to have all these new, terrible, and empty feelings. I gave it to my daughter and explained that when she read the book, she would understand how my life had been over the last couple months. I gave it to a friend who lost her husband 2 weeks after I lost mine. She too had been married to her husband for almost 50 years. After she read it, she called to tell me the book had also made her feel a little better too.

I lost a parent years ago and a friend who'd been with Fellowship of Christian Athletes for years gave me a copy of Westberg's book. Without being smarmy or overly religious, it really dealt with the emotions I experienced. Since then, rather than spending nearly as much on a card that rarely said what I wanted to express, I've done the same thing. I'd guess that I've passed at least 30 copies over the years and at least half the time I get a card back with a personal note describing how this little 64 page book at been of help. I suspect I'll keep right on. Might even have a supply to hand out at my own services. People who know me would take it right in stride.

My husband died two months ago. This book is the first I picked to read when I was finally ready to deal with my new reality. It is short and direct. I highlighted and bookmarked many helpful pages. Highly recommend.

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