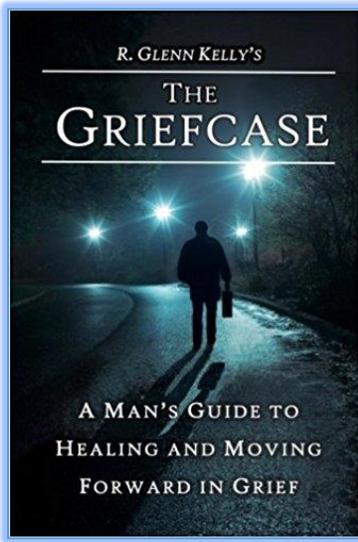


The Griefcase by R. Glenn Kelly

Review by Jean Johnson



I wanted to bring to the reader's attention another powerful book to help men heal from sorrow. R. Glenn Kelly lays out an analogy that each man in life is given a Griefcase with a strange silver chain attached to a handcuff.

Through curiosity, the man examines the case and finds himself placing the cuff on his wrist. In this analogy, the handcuffs symbolize grief's emotions that stay with him the rest of his life. As the man cuffs himself, the case opens up with a tab titled "ego" and other blank file folders plus a letter from God appears.

When dreadful news comes stating that someone so dear to his heart has left Earth, some folder titles show up, each one demanding attention. Shock, denial, sorrow, anger, fear, and so much more. The man begins to realize there are papers sliding into the folders signifying the messiness and volatility of each new emotion of grief. As much as the man would like to ignore the Griefcase or unhook himself, he realizes he can't. It is a burden that he is required to deal with. If he doesn't deal with these, a cave is waiting to imprison him and his misery.

The first thing he must deal with is the ego, it happens to be the heaviest folder in early grief. Family and society expects a man to "feed" the ego inside, to keep up good appearances and that he has it all together, even though in pain. R. Glenn Kelly has another name for ego, "Edging God Out." Kelly says that ego is the most important thing to deal with first if a man is to move forward towards healing.

I highly recommend this book for men, from a father who lost his only son, on how to work through these emotions in a healthy manner. He understands how to navigate this journey well.



Jean Johnson – Jean's grief journey began in October 2006 when her daughter was murdered. Jean knows the value of self-help through reading and wants to encourage others to read as well. When she finds a book that she believes will help

others, she writes a review to encourage them to seek it out and invest their time in reading as a means of healing after loss.