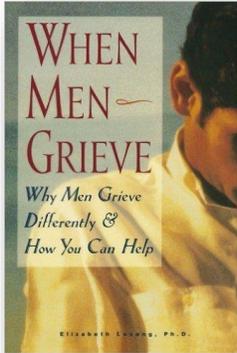


## When Men Grieve: Why Men Grieve Differently & How You Can Help

by Elizabeth Levang, Ph.D.

Review by Jean Johnson



*Have you ever wondered if the men in your life are grieving, since they may not show it? Yes, men do grieve, but it is quite different from most women. Society demands that men adhere to a “masculine code” to be tough, protective, defending, and keep tears to a minimum. Yet it still expects a man to be tender and sensitive. Men can feel like they are in a double bind.*

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What I love about this book: The chapters are grouped by topics such as anger, bitterness, denial, etc. Each new chapter begins with a powerful poem, and a related true story. At the conclusion of each chapter, the author provides a response to help women understand a man’s grief regarding the topic.

Here is one of the poems written by Louis Ceruilli.

*Each tear burns out my eyes,  
Mocking my resolve.  
I want to take my thumb and  
Shove them back inside.  
I struggle for a blank expression,  
A fleshly façade I’ve seen before  
Staring in every morning mirror.  
I invent silence with a broken tongue.*

*Author’s Response:  
The vagueness and ambiguity that men often exhibit about their emotions can infuriate women. Women know there are words for grief, and they can’t understand why men are so unwilling to use them. It doesn’t occur to them that their partner may not know this language as well as they do.*

I recommend this book to help each gender understand themselves in this grieving process.

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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.