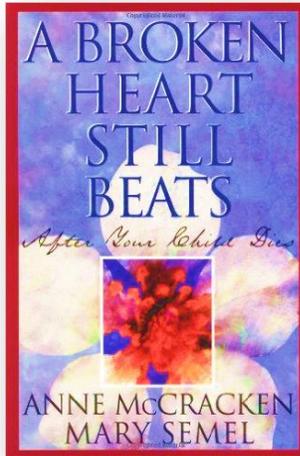


A Broken Heart Still Beats
After Your Child Dies
By Anne McCracken and Mary Semel



Anne McCracken and Mary Semel both lost one of their sons. They found themselves in the complex winding path of grief with no guides to help them. They searched for resources to help make sense of their experiences. Single stories or professional advice did not seem to nurture the ache inside as they had hoped.

Their ultimate exploration led them to find literature rich in personal grief. They decided to write their own book, highlighting stories and poetry of fellow grievers. In many of the chapters, they write the introductions about their own experiences. Any poem or passage from literature, which inspired them, was included in this book. They discovered writers such as Robert Frost, who had lost four out of his six children. Yet he mustered up the courage to get out of bed each morning, and write to inspire others.

There is a lot to be said about looking back into history and learning from ones who have traveled this road of sorrows before us and learned how to heal from grief. If they could go on breathing each day and make it through another night, then so can we.

I love literature for this reason; I find inspiration hidden within their struggles. If you love literature as much as I do, you may find this book uplifting and encouraging as you walk through your personal grief.

“The best way out is always through.” Robert Frost

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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.