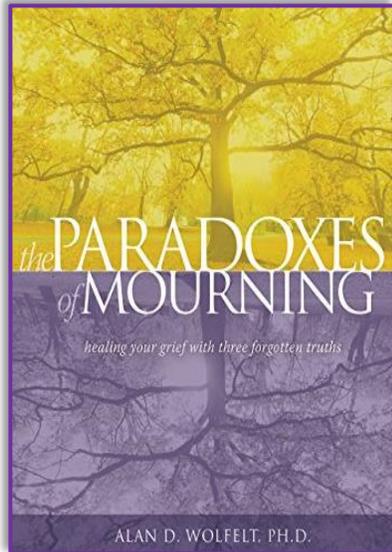


## The Paradoxes of Mourning: Healing Your Grief with Three Forgotten Truths

By Alan D. Wolfelt, PhD, CT

Book Review by Jean Johnson

Today, I searched through some grief articles, and stumbled across this excellent book. I found the title intriguing enough to read more.



It's a shame that modern society shoves this issue of loss and grief into the corner, expecting people who have lost a loved one to "get over" our sorrow quickly. We are told to be strong, and hide our gut wrenching emotions. We're expected to put on the false happy face, when inside our world is falling apart, while a piece of our heart is ripped out. This creates a paradox.

This book endeavors to dispel society's myths, and educate griever on the healthy way to work through these issues.

Dr. Alan D. Wolfelt, author of more than fifty books, speaker, educator, and grief counselor, has much to say about the subject of grief.

This may be one of his smaller and easy to read books, but it is power packed with nuggets of truth.

The Paradoxes of Mourning turns back to our past Century, and pulls out three truths that modern griever need to know now, in order to live a more productive life.

1. You must make friends with the darkness before you can enter the light.
2. You must go backward before you can go forward.
3. You must say hello before you can say goodbye.

Dr. Wolfelt calls these "the forgotten truths." In an era when deaths of loved ones surrounded the living, they learned to adhere to these three truths, in order to heal and progress without unresolved pain weighing them down. We may be in a new Century, yet these truths are still relevant today.

I would encourage you to pick up this book and learn how to make friends with the darkness, go backward to uncover hidden pain, and then work towards saying goodbye. It never means we will forget our loved one. But, we will be free from heavy grief and mourning, as well as reconciled in our loss.

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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.