

<b>Title:</b> ABC's of Healthy Grieving	<b>Author:</b> Harold Ivan Smith
<b>Media type:</b> (check one) X Book <input type="checkbox"/> CD/Audio book <input type="checkbox"/> DVD	<b>Call Number:</b> 155.9 SMI
<b>Review submitted by:</b> Sharon Krieg	<b>Date:</b> 12/29/2014
<b>Subject</b> (e.g. Prayer, Family Life, Sacraments, Saints, Bible Study, Moral Conduct, Social Justice) Bereavement	
<p><b>1. What is this book about? (describe briefly)</b>  This book deals with ways the grieving person can comfort him/herself. Once the initial news of the death of a loved one is discovered, the bereaved must go through a lengthy period of processing the death through his/her mind and heart. People go about this in different ways and in different time periods. Some may find solace through some of the techniques offered by the author. Short explanations are given, about two pages each, of suggested ways that one can try that are aimed at comfort for the griever.</p>	
<p><b>2. What main message does the author convey?</b>  Grief goes at its own pace. After the funeral and memorial ceremonies are over, after all the friends and relatives have gone, after the loved one's remains are dealt with... the bereaved must deal with the pain of the death. But how? Some join various grief groups. Some go through private counseling. Some go it alone. Mr. Smith offers other options that may help. The griever can pick and choose what feels right for him/her. The ideas are short and easily read. They may work, they may not, but the person has the freedom to try any to see if he/she obtains some measure of comfort, especially during especially critical times of sorrow.</p>	
<p><b>3. What inspired you the most about this book, and why would you recommend it?</b>  I loved the premise behind the book. Having lost my teenage son I could identify with those who seek relief from the pain and sorrow. It's difficult to get through the immediate days postmortem. It's true that time softens the blow somewhat, but I've found bereavement never ends, just lessons. Society gives us permission to grieve, but usually it is a very short time and inadequate to fit the true requirements that grief needs. Somehow we must muddle through each day giving the impression that we are just fine and ready to get back to work. Memories pop up of the loved one every day and you need time to process. The demands of life require that you stay focused, so you do whatever you are expected to do. This book is like a little R&amp;R for the troubled soul and honors your lost loved one.</p>	
<p><b>4. Who would benefit from reading this book?</b>  Sooner or later everyone has a loss of a loved one and needs a little help during the time after the usual help is offered by well-meaning others. This will help you for those difficult moments. This book is written for adults, but the lost loved one could be anyone or anything, including a beloved pet. Not all the techniques will be able to bring solace, but some may. It's worth a try for the easing of pain...</p>	
<p><b>5. Any other impressions:</b>  Since the suggestions bring honor to the dead and help the bereaved, I think this book is commendable.</p>	