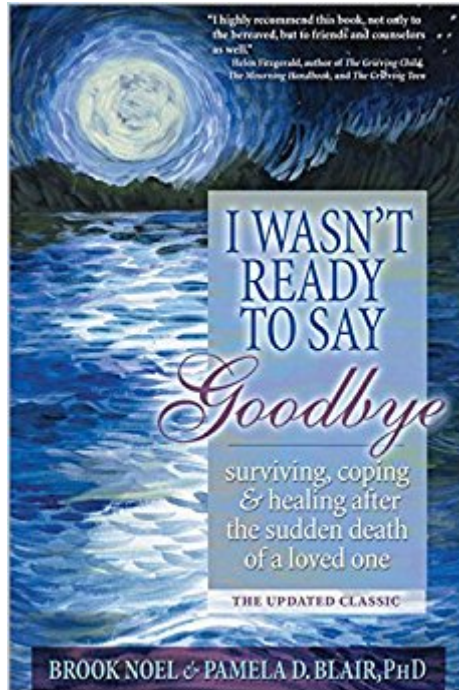


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# I Wasn't Ready To Say Goodbye: Surviving, Coping And Healing After The Sudden Death Of A Loved One



## Synopsis

Now there is a hand to hold... Each year about eight million Americans suffer the death of someone close to them. Now for those who face the challenges of sudden death, there is a hand to hold, written by two women who have experienced sudden loss. This updated edition of the best-selling bereavement classic will touch, comfort, uplift and console. Authors Brook Noel and Pamela D. Blair, Ph.D. explore sudden death and offers a comforting hand to hold for those who are grieving the sudden death of a loved one. Featured on ABC World News, Fox and Friends and many other shows, this book acts as a touchstone of sanity through difficult times. *I Wasn't Ready to Say Goodbye* covers such difficult topics as the first few weeks, suicide, death of a child, children and grief, funerals and rituals, physical effects, homicide and depression. New material covers the unique circumstances of loss, men and women's grieving styles, religion and faith, myths and misunderstandings, *I Wasn't Ready to Say Goodbye* reflects the shifting face of grief. These pages have offered solace to over eighty thousand people, ranging from seniors to teenagers and from the newly bereaved to those who lost a loved one years ago. Individuals engulfed by the immediate aftermath will find a special chapter covering the first few weeks. Tapping their personal histories and drawing on numerous interviews, authors Brook Noel and Pamela D. Blair, Ph.D, explore unexpected death and its role in the cycle of life. *I Wasn't Ready to Say Goodbye* provides survivors with a rock-steady anchor from which to weather the storm of pain and begin to rebuild their lives.

**PRAISE FOR *I WASN'T READY TO SAY GOODBYE*** "I highly recommend this book, not only to the bereaved, but to friends and counselors as well." Helen Fitzgerald, author of *The Grieving Child*, *The Mourning Handbook*, and *The Grieving Teen* "This book, by women who have done their homework on grief... can hold a hand and comfort a soul through grief's wilderness. Outstanding references of where to see other help." George C. Kandle, Pastoral Psychologist "Finally, you have found a friend who can not only explain what has just occurred, but can take you by the hand and lead you to a place of healing and personal growth. Whether you are dealing with the loss of a family member, a close personal associate or a friend, this guide can help you survive and cope, but even more importantly... heal." *The Rebecca Review* "For those dealing with the loss of a loved one, or for those who want to help someone who is, this is a highly recommended read." *Midwest Book Review*

## Book Information

Paperback: 292 pages

Publisher: Sourcebooks; Updated edition (May 1, 2008)

Language: English

ISBN-10: 1402212216

ISBN-13: 978-1402212215

Product Dimensions: 0.5 x 5.8 x 8.8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (352 customer reviews)

Best Sellers Rank: #4,193 in Books (See Top 100 in Books) #7 in Â Books > Self-Help > Death & Grief > Grief & Bereavement #8 in Â Books > Self-Help > Relationships > Love & Loss #12 in Â Books > Politics & Social Sciences > Sociology > Death

## Customer Reviews

I've been a widower for two years. Over this time, I've read many books on grief. This is the best I've seen. It does a comprehensive job of touching on the many types of loss, and offers helpful suggestions for coping. Something I particularly liked was that it doesn't rely on religious platitudes as a solution for grief. Rather, the authors encourage you to vent your anger at your creator - he (or she) is big enough and compassionate enough to take it. I would suggest this book to anyone who is dealing with grief. It doesn't matter whether the loss just occurred, or is several years old.

I lost my husband to suicide, and this book was my very best friend . Very easy to understand, and have read it several times

Buy this book now. One day, you or someone you love deeply will need it. By giving the book to someone who needs it, you will be able to help them when they need it most. By owning the book yourself, you will be able to anticipate the needs of the freshly bereaved. I will be giving this book frequently. This book came a year after my loved one's death, and it was still a huge help. It's a breath of fresh air in the grief genre. How I wish I'd had it when I was going through the first weeks and months. Even this far out, it has helped me immeasurably. I have lost most of my family in the last 20 years. I lost my spouse last year. PLEASE. Get and read this book, and give copies to the newly bereaved. They will thank you, no, BLESS you for it.

I've struggled for months with what appeared to be a mid-life crisis. In researching how to get through it, I tracked the source down to delayed grief. I lost my brother in 1995 and my dad in 2000 in very similar auto accidents. I don't think I ever grieved them properly and it surfaced in my forties.

This book is one of the ones I found to address my particular situation. This is a well written guidebook to carry anyone through the experience of losing a close loved one suddenly. It contains sections dealing with specific losses such as: a spouse or partner, a sibling, suicide, mass death (such as terrorism), fallen heroes, and others. Each section is thoughtful and helpful. It also has a wonderful portion of the book carrying the reader step by step through the immediate aftermath of sudden death. The back couple chapters are dealing with additional resources and activities to help with grief work. The authors of this book have both dealt with sudden death themselves. Part of what I found most useful was reading the sections they wrote about their personal situations. I'm still working on the back exercises. I think that will take a while. I wish I'd had this book in 1995 when I lost my brother. Even though my grief was delayed by decades, I am still finding it helpful. Grief is a very individual experience that nobody except the person inside your head will ever understand. These authors have written a resource to help you find your way through that deep, dark forest into the light again. I recommend it to anyone who's experienced a sudden death. I'll keep my copy when I'm finished to hand on to the first person I know who needs it. It helps.

Thank you so much for a wonderful book. I wish I had found out about this title sooner into my grieving process. 10 months ago I lost my best friend, husband, and a wonderful man from Cancer. I have felt like at times that I am going quite mad during the process of grief and to read this book has been a godsend to me. I know now that it is not me going mad but all part of the grieving process. It has allowed me to release a lot of pain and hurt that has been forwarded by "well meaning" friends and relatives. I now more understand how the mind works during this time and it is OK to feel just the way I am. I am not mad, I am not going crazy, I am not putting too many demands on myself or those around me. It is all normal and I am allowed to take my time during the process. Thank you for your words of wisdom and compassion. I would recommend this book to everyone, whether you are grieving or not. One day you may need it for yourself or someone close to you. Sharon Clark.  
Melbourne Australia.

After five years having passed since the tragic sudden death of my son, the pain is with our family everyday. It does not get better, it just changes. We have read many books, and attended several grieving groups, with mixed results. Although we have survived the first year, we continue to be told that we have "excessive grief" and have been told that we need to "get over it and move on". Those of us who suffered this tragedy live in a different world and always will. This is one of the few books that absolutely "gets it".

Everyone experiencing the sudden death of a loved one needs to get this book. When I lost my husband of 15 years to sudden cardiac arrest, I had no idea what to do or what was to come. This book helps you every step of the way. It also helps the people close to you to know what to do and what not to do to help you. I wish I had found this book right after my husband died but unfortunately I didn't even know it existed. I came accross this book several months after he died. After reading several chapters I realized Yes, that is how I feel or Ok, so I'm not crazy. It helped me recognize that all of the physical as well as emotional things I was feeling and going through were perfectly normal in this situation. It also helps you recognize if you need to seek professional counseling. Whether you have just experienced the death recently or a while ago, this book will help you wherever you are in your journey to healing.

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