



I Can't Stop Crying: Grief and Recovery, A Compassionate Guide

John D. Martin, Frank D. Ferris

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For anyone who has experienced a significant loss, this wonderfully informative and accessible book is a guide to understanding and overcoming grief.

The death of someone close -- a family member, spouse, or partner -- can result in feelings of overwhelming grief. At the same time, society unrealistically expects people to recover from grief as quickly as possible. *I Can't Stop Crying* looks at grieving as a painful but necessary process. The authors emphasize the importance of giving permission to grieve and suggest steps for rebuilding life without the one who is gone. They also look at how such a loss affects relationships with family and friends, as well as lifestyle, work habits, and hopes for the future. The book includes an appendix with bereavement groups, resources, and other self-help organizations for grievers.

From the Trade Paperback edition.

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