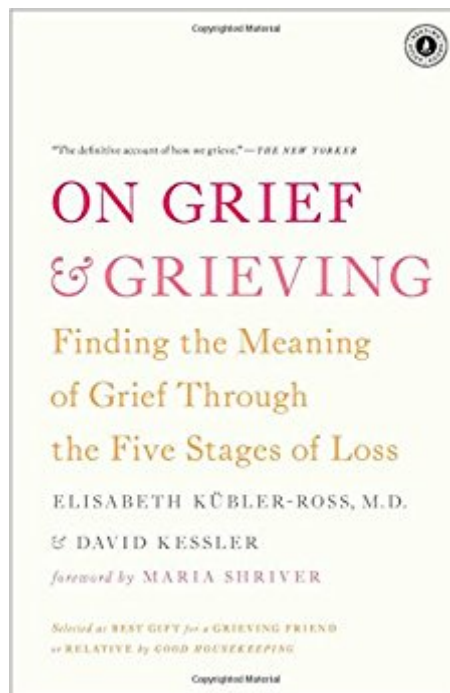




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# On Grief And Grieving: Finding The Meaning Of Grief Through The Five Stages Of Loss



## Synopsis

Ten years after the death of Elisabeth Kübler-Ross, this commemorative edition of her final book combines practical wisdom, case studies, and the authors' own experiences and spiritual insight to explain how the process of grieving helps us live with loss. Includes a new introduction and resources section. Elisabeth Kübler-Ross's *On Death and Dying* changed the way we talk about the end of life. Before her own death in 2004, she and David Kessler completed *On Grief and Grieving*, which looks at the way we experience the process of grief. Just as *On Death and Dying* taught us the five stages of death—denial, anger, bargaining, depression, and acceptance—*On Grief and Grieving* applies these stages to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing. This is "a fitting finale and tribute to the acknowledged expert on end-of-life matters" (>).

## Book Information

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## Customer Reviews

"Elisabeth Kübler-Ross left us one last gift, and it's a masterpiece. She and grief expert David Kessler have written a modern classic, the kind of book that all of us will want to keep on our bookshelves because we know it speaks to our deepest hearts." -- Marianne Williamson

"Elisabeth Kübler-Ross left us one last gift, and it's a masterpiece. Having illumined the subject of death, she has now illumined the subject of grief. She and grief expert David Kessler have written a modern classic, the kind of book that all of us will want to keep on our bookshelves because we know it speaks to our deepest hearts." -- Marianne Williamson

"Elisabeth Kübler-Ross deserves to be

remembered because her life and work have made this world a better place. "On Grief and Grieving" is a heartfelt tribute to all who have lost a loved one, from a woman who changed our lives by changing our relationship to death and dying. What a wonderful book Elisabeth and David have written." -- Caroline Myss

"Elisabeth Kubler-Ross left us one last gift, and it's a masterpiece. She and grief expert David Kessler have written a modern classic, the kind of book that all of us will want to keep on our bookshelves because we know it speaks to our deepest hearts." -- Marianne Williamson

"On Grief and Grieving" is a heartfelt tribute to all who have lost a loved one from a woman who changed our lives by changing our relationship to death and dying. What a wonderful book Elisabeth and David have written." -- Caroline Myss

Elisabeth Kübler-Ross, MD, (1926–2004) was a Swiss-born psychiatrist, humanitarian, and co-founder of the hospice movement around the world. She was also the author of the groundbreaking book *On Death and Dying*, which first discussed The Five Stages of Grief. Elisabeth authored twenty-four books in thirty-six languages and brought comfort to millions of people coping with their own deaths or the death of a loved one. Her greatest professional legacy includes teaching the practice of humane care for the dying and the importance of sharing unconditional love. Her work continues by the efforts of hundreds of organizations around the world, including The Elisabeth Kübler-Ross Foundation: [EKRFoundation.org](http://EKRFoundation.org). David Kessler is the coauthor of *Life Lessons: Two Experts on Death and Dying Teach Us About the Mysteries of Life and Living*. On his own, he is the author of *The Needs of the Dying*, which received praise from Mother Teresa and has been translated into eleven languages. He is a nationally recognized leader in the field of hospice and palliative care.

thank you very much to Elisabeth and David: you helped me to me very much with this book. After two and half years, after our most painful loss (the unexpected loss of our beloved one son, lived almost 20 years) I was able to face with our own grief, reading this book. I've translated the book in Hungarian, hoping that with it I can help to other ones in my circle of our dear friends and beloved ones, who instinctly always knew how to help us, with their love in these nightmareful years after our son's death. This book (similarly to other books of Elisabeth) has a crystal clear structure, she highly knows the real nature of the grief and grieving. She exactly knows that every person has - and has to experience - an own, unique grief, there are no two alike. Therefore there is no universal recipe to help us. Just unique love and sympathy, to every unique persons. And this is also highly true: the process is infinite, never in our life could find any "final" relief without pain. Our pain is as infinite as

our love of Him and as our loss of Him. But we used to live further accepting this recognition, appreciating our privileged years with Him - and our privileged years nowadays with each other: with my dearest lifemate, dear father of our beloved son, and with my dearest mother. Every minutes living together is a unique precious gift. This book - as the other ones of EKR - teaches us to survive, to love our life AND our death together - they are two "parts" of the same sphere. Love for Elisabeth to respect every persons' own beliefs. She never wants to "evangelize". She really respects all individualities, she exactly knows that all of us live and think differently, so there is no "one right way" to us. She can though help us with her eternal truths. After reading this book I'm able to embrace our hardest grief with the other ones in my life, because they are also my parts, as our common joys, happy hours. Our life is so full with sunshine AND clouds AND rainfalls AND devastating storms. This is the fullness of our life-death cycle. "Birth is not a beginning and death is not an ending. They are merely points on a continuum".

Hi sadly my dad passed away on August 14th at the age of 83. I searched and searched and googled for the best book as I don't want to read 5 books When I can get the best book if I take my time. I started this book just a few chapters into it and it is mind blowing. It is everything the reviews said it was and more. It has helped me understand And not feel alone because I thought how could anyone ever feel like I do and believe me they do. Please get this book

Helpful examples; supportive writing; and insightful. I felt the content was applicable to various types of loss, not limited to death. I'll definitely keep it as a reference tool.

This is the best book on Grief that I have ever read, and I have read quite a few. It is easy to understand. The chapters are short enough for me to read without becoming overwhelmed. I like the order which they are arranged. It provides a wealth of information without sounding too academic. I felt warmth and compassion. It is everything I need during this difficult period. I use the present tense because I read it over and over. It also helps me in my journaling. It should be required reading for everyone who has grieved, will grieve or know someone who has.

Elizabeth Kubler-Ross' final and underrated masterpiece. If you buy no other self help books, you should still buy this. Every page contains something helpful or enlightening. When you have the misfortune of suffering the loss of a loved one, and you will, you will read the whole thing again and it will help you to get through it. Am so grateful to the friend who recommended it to me.

This book has helped me understand what it means to lose someone. I recently lost my mother in law. That was the closest person to me who has ever passed away. This book has helped me grief.

I read this book a couple of years ago and it changed my life. This book has such a compassionate way of look at grief. I want all my friends who have suffered loss to read it. It is so insightful. My mom died 33 years ago when I was 11 years old...and I felt connected to every page of this book, like I have lived it my entire life without knowing I was grieving. It helped me understand myself so much better because I grew up with much grief. No one seemed to understand me, but after reading this book I finally feel like I'm understood. It has been a powerful influence in my life.

I do a fair amount of grief counseling. This is an excellent resource for those dealing with the loss of a loved one.

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