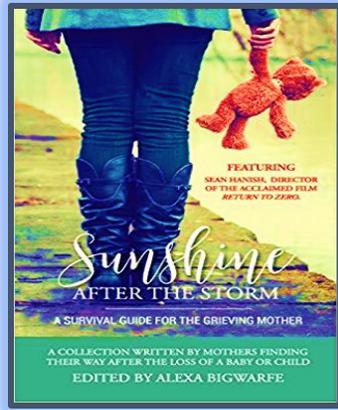


Sunshine after the Storm

By Alexa Bigwarfe

Reviewed by Jean Johnson



With the recognition of Mother’s Day this month, I wanted to share with you a book containing several mothers’ stories.

Each mother who goes through this painful place of loss and grief, will all have different needs. We can never compare our grief to that of another one’s loss. It is, however, beneficial to read real life stories and glean from their wisdom found in the trenches of pain.

This book is a collection of writings by mothers, and some fathers, finding their way in life after the loss of their baby, child, or children. I

am pretty sure you will find yourself getting pulled in to the raw and honest stories and finding tips to incorporate into your grieving life.

Here is an excerpt from Chapter One: The Ties that Bind Us

“This sucks. It’s ugly. It is raw. There is just no nice way to describe it. The worst thing you can ever imagine happening to you, has just happened. Now what? I wish I could offer you a magic solution to make it all better instantly. I wish I could take away that pain and hurt and just transport you to a time when it doesn’t hurt as badly. But I cannot. It is a road that you will have to travel and a time that you will have to trudge through, before you are able to dig yourself out of the pit. However, what I can do, and what we can do, as fellow grieving mothers, is to wrap our arms around you and let you know that you are not alone. We can share our stories with you, we can assure you that time will help you get beyond this initial pain, and we can bring our shovels to help you dig out of the pit.”

I recommend this book as a support from fellow moms who have been in the pit and share with you how to dig out, and then turn around to help others. Dear mothers, you are not alone!

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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.