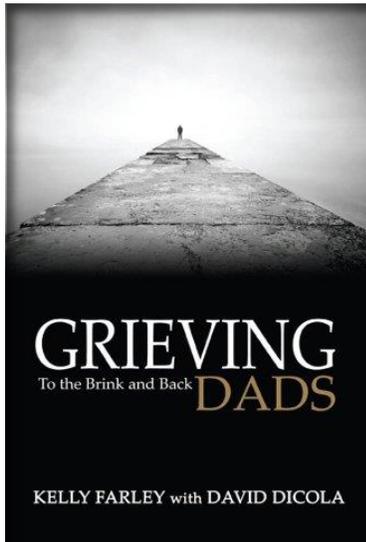


Grieving Dads: To the Brink and Back

by Kelly Farley with David Dicola



Many men struggle a great deal when it comes to dealing with unbearable grief. They are usually not aware of the countless emotions that will crop up, or mental distress and physical pains, which come after the death of their child. The genuine candid stories contained in this book were carefully selected to represent some of these issues that men face. They can be raw and even gut wrenching, yet they address the unspoken needs of a man's grief, by learning how other men dealt with their losses and unspoken feelings. This book gives hope to men, that they are not alone on this path of sorrow.

Here is an excerpt from the book:

“If it were up to me, I probably would change the “five stages of grief” thing so it included a brand new category. I’d call it “Shock and Trauma,” because those are the things that hit you first after the death of a child. This is the kind of trauma that impacts your nervous system to a point that it is irreparable. Some of us watched our child die slowly over weeks or months, some left reeling by sudden unexpected death, others having to either witness their child in a makeshift noose, or learn of their child’s suicide through other means. Even some have gone through the shock and trauma of losing more than one child to death’s grip.”

For further help, Kelly maintains a blog for grieving dads at www.GrievingDads.com

I would highly recommend this book to any man who finds himself alone in a cave of despair, and traumatized by the death of his child.

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Jean Johnson – Jean’s grief journey as a bereaved parent 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.