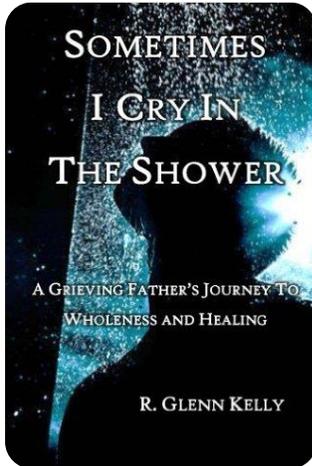


Sometimes I Cry in the Shower A Grieving Father's Journey To Wholeness and Healing

Written by R. Glenn Kelly

Reviewed by Jean Johnson



R. Glenn Kelly is a former Marine, cop, and Alpha male, as he describes himself.

His beloved 16-year-old, only child, Jonathan died after surgery for a heart catheterization. Jonathan was born with Hypo-plastic Left Heart Syndrome, and consistent surgeries were a “normal” part of his 16 years of life.

After Jonathan’s death, Kelly ignored his intense pain and choked back the overpowering grief inside. Not wanting to show others his pain, he hid it well on the surface. He avoided professional help, and turned to books on grief. He soon found that most of the books did not address men’s grief and the ingrained beliefs of “staying tough at all cost.”

One day while taking a hot shower, grief surged inside, and he found himself dropping his knees onto the tile floor as the flood of tears rained down his cheeks. After it was over, he felt a sense of true relief. This drove him to compassionately research what makes men so “stoic and withdrawn” towards grief. He decided to show men his own journey with raw honesty. His shower and home gym became a private haven, where he let go of the tears, stored up grief, guilt, and anger, to lose his boy so early in his life.

Kelly’s unconditional love for his son motivates him to teach generations of men how to find release in their grief in a way that works best for each man. For Kelly, his shower and home gym gave him refuge. For others, it may be the long commute, workshop, or a barn in which a man can find peace and spend time allowing his emotions to flow. The key is for a man to find a safe place to release his pent up grief, once he learns how.

“Sometimes I cry in the Shower” delves into the deep recesses of a man’s broken heart with candor, genuine vulnerability, and encouragement. I highly recommend this book for men to understand themselves and find healthy ways to grieve.

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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.