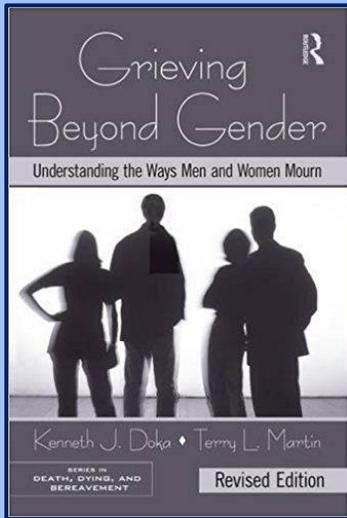


## Grieving Beyond Gender, Understanding the Ways Men and Women Grieve

Kenneth J. Doka and Terry L. Martin

Reviewed by Jean Johnson



Grief has many facets. This book challenges us to look at grief equally unique and individual as each our personalities' are—even with regard to differences between men and women. If we don't understand these differences, it can cause a rift of hurt feelings between spouses and family members, as to how we grieve and mourn our loss. Doka and Martin describe three basic styles, or patterns of mourning, *instrumental*, *intuitive* and *dissonant*. Depending on their personality, a person usually responds to grief in one of the preferred ways.

Instrumental mourners approach grief by seeking accurate information, analyzing facts regarding their loss and remain dispassionate and detached in their emotions. Even in the face of grief's powerful emotions, they stay disconnected and seem aloof. Often, men fall into this category.

Intuitive mourners are comfortable with tears and emotions. They are sensitive to their pain and the pain of other's suffering from loss. They cannot rationalize or intellectualize the pain of grief very well. If anything, they can feel overwhelmed and devastated by it, yet hide their feelings well when they are in the public eye.

Dissonant mourners feel their grief in a strong way, yet struggle to hide it from others in order to keep a good public image. This creates inner conflict. Others feel quite guilty for not feeling what they think others want them to feel.

I recommend this book to help you and family understand why each person expresses their grief and mourning differently, and then be able to open the door to communication within family.

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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.