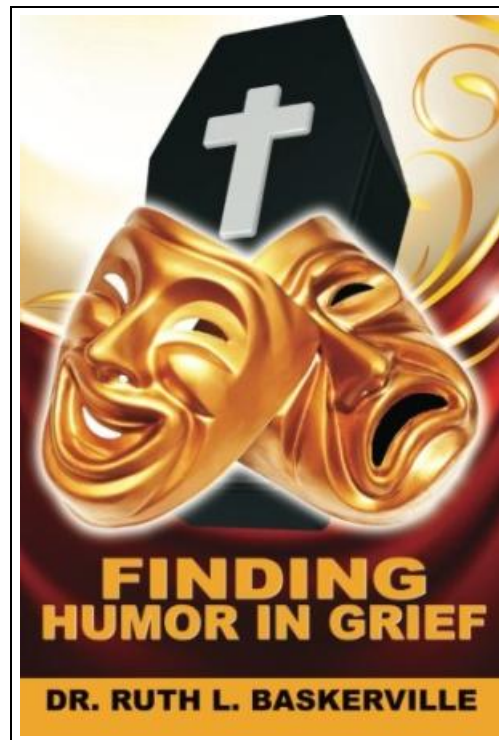


Finding Humor in Grief (Paperback)



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Reviews

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FINDING HUMOR IN GRIEF (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. At the time of my husband s untimely death, we had been married forty-five years, which meant I had not just lost my one true love, but I was also lost! We were each other s best friends, and whatever one of us did was filtered through the lens of what we knew about the other s desires. I thought it impossible to survive without him because there were too many tasks, decisions, plans that he alone managed. As I shared with close friends my struggle to accomplish left-brain tasks previously foreign to me, they laughed heartily. I saw that grief had a funny side. Each segment of my book tells a different aspect of my journey to successfully function without Waverly. I reveal my intimate thoughts and actions in a stream-of-consciousness writing style, rather than to tell my story in chronological order. Most experiences are highly amusing, but for times when I found no humor, I created a chapter called Mama Said There d Be Days Like This. Writing this book was cathartic for me, but I also wanted to connect with readers who are mourning like I am. Humor is excellent medicine. I apologized to a dear friend for naively thinking that grieving over the loss of her husband was something that diminished in time. I foolishly likened her grief to a wound that looked awfully painful at first, but got better each day until only a tiny scar remained. I now know that these distinct scars will never disappear, and that coping with grief is the only way to find a measure of happiness again. It s called a new normal. I ve learned that grief...



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