

Motherless Daughters The Legacy Of Loss Hope Edelman

Praise for Fatherless Sons "Research shows that most men now are better fathers than their own fathers were to them. A generation of men are 'making it up,' giving to their children more than they received. No one describes the poignancy--and hope--of contemporary fatherhood better than Jonathan Diamond's heartfelt and insightful new book. For every man who had a father--and who wants to be one." --Terrence Real, author of *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression and How Can I Get Through to You?: Closing the Intimacy Gap Between Men and Women* "Diamond's moving account of his relationship with his father is a nuanced exploration of mourning and its aftermath." --Publishers Weekly "This is a powerful and beautiful book, written with warmth, humor, and generosity of spirit. *Fatherless Sons* guides us through the complex journey of grief, helping to transform pain and anguish into hope and healing." --Dr. Dusty Miller, author of *Your Surviving Spirit and Women Who Hurt Themselves*

Elaine Mallon is not an expert on grief. She's someone who lost her mother suddenly and unexpectedly. She knows the magnitude of this heartbreak firsthand. Devastated and unprepared for how life-changing and painful processing the loss would be, she found herself wondering: "Where's the manual?" and "How do I do this?" Like a compassionate friend, Mallon captures the raw, universal pain of losing your mother with empathy, honesty and eloquence. She tenderly walks the reader through each step of the grieving process, offering straightforward answers to many common questions and addressing fears faced by those grieving, as well. This is a must-read, essential guidebook for anyone uncertain about what to do or where to turn after their mother's loss. For those hoping to help a loved one through grief, this book also offers direction on how to comfort someone who is grieving by explaining what they are going through and how to be most helpful to them. If you've lost your mother, please know this: If you're grieving, you're healing - and you are not alone.

When Leigh Van Der Horst lost her beloved mother to cancer in 2008, she faced her biggest battle yet. In *Without My Mum*, she invites us on a journey that is at times heartbreaking, others heartwarming, but ultimately comforting and inspiring. With warmth and candour, Leigh tells of her transformative passage through devastating grief, one that allowed her to rediscover and redefine her own identity. As well as exploring her own experience, Van Der Horst brings together stories from many inspiring women around the world, including contributions from Jools Oliver, Lisa Wilkinson, Megan Gale, Amanda de Cadenet and Natalie 'A wonderful book that captured my heart in the first few paragraphs. Leigh's candid, humorous and heartfelt narrative, together with a collection of stories and wisdom from others who have walked a similar path, are authentic, uniting and ultimately inspiring. It's a laugh-out-loud, sob-a-little-uncontrollably kind of book that will resonate with any parent or carer. I adored it!' —Jools Oliver 'I can't sing the praises of this gorgeous mum enough. For those who have lost their mum and are forging ahead as a mum on your own, this is truly a must have book.' —Natalie Bassingthwaite

How is life now that mom is gone? How are you getting by? Have you been able to move forward and are you the best version of

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yourself? Is her memory alive and well? How have your relationships with family turned out? If you had blame or guilt, have you handled forgiveness in a healthy way? If you're anything like me, you may feel that life has really robbed you of so much love and possibility by taking your mom away prematurely. Are you brave enough to dig deeper to find peace again? Are you one of the strong, brave women who desires to go inward to heal, forgive, and live a successful life filled with fulfillment and gratitude? These guided insights will help examine your relationship with your mom, discover forgotten memories of her death, embrace her teachings, and learn to accept apologies and practice forgiveness in order to keep her alive. If you're willing to dig deeper to truly heal from losing your mom, then come take the journey! This is a powerful read for those that haven't lost their moms yet, too. Mothers are finding that the insights and "dig deepers" provide them with things to ponder while they're still alive. There are many stories that may encourage conversations before it's too late. Daughters can learn from my personal experience to embrace emotions, confront feelings and learn from my mistakes before unforeseen loss happens. Thank you very much for sharing your feedback by reviewing on Amazon after reading so more people can forgive, heal and keep mom's memory alive!

In her acclaimed New York Times bestseller, *Motherless Daughters*, Hope Edelman explored the profound and lasting effects of mother loss, as well as her own search for healing. Now, in her compelling new work, Edelman explores another complex, life-changing relationship, the intricate bond between generations. Drawing from her own experience and the recollections of over seventy other granddaughters, Edelman explores the three-generation triangle from which women develop their female identities: the grandmother-mother-daughter relationship. With eloquent personal testimony, she demonstrates the vital roles grandmothers have played in their granddaughters' lives, as a source of unconditional love, family values and traditions, and backup parent, the ultimate safety net. Here are grandmothers in all their glory: The "Benevolent Manipulator", whose love for her family is matched only by her desire for control; The "Gentle Giant", awesome, respected, who possesses a quiet, behind-the-scenes power; The "Autocrat", who rules her extended family like a despot; The "Kinkeeper", the family hub, who offers a sense of cohesion to the extended clan. With insight and compassion, Edelman probes this unique and emotionally-charged relationship in a book that is a true celebration of an extraordinary bond--and a must read for every woman.

"Anguished, beautifully written... The Long Goodbye is an elegiac depiction of drama as old as life." -- The New York Times Book Review From one of America's foremost young literary voices, a transcendent portrait of the unbearable anguish of grief and the enduring power of familial love. What does it mean to mourn today, in a culture that has largely set aside rituals that acknowledge grief? After her mother died of cancer at the age of fifty-five, Meghan O'Rourke found that nothing had prepared her for the intensity of her sorrow. In the first anguished days, she began to create a record of her interior life as a mourner, trying to capture the paradox of grief-its monumental agony and microscopic intimacies-an endeavor that ultimately bloomed into a profound look at how caring for her mother during her illness changed and strengthened their bond. O'Rourke's story is one of a life gone off the rails, of how watching her mother's illness-and separating from her husband-left her fundamentally altered. But it is also one of resilience, as she observes her family persevere even in the face of immeasurable loss. With lyricism and unswerving candor, *The*

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Long Goodbye conveys the fleeting moments of joy that make up a life, and the way memory can lead us out of the jagged darkness of loss. Effortlessly blending research and reflection, the personal and the universal, it is not only an exceptional memoir, but a necessary one.

Coping With Loss The grieving process: Ty Alexander of Gorgeous in Grey is one of the top bloggers today. She has a tremendous personal connection with her readers. This is never more apparent than when she speaks about her mother. The pain of loss is universal. Yet, we all grieve differently. For Alexander, the grieving process is one that she lives with day-to-day.

Learning from her pain, Alexander connects with her readers on a deeply emotional level in her debut book, Things I Wish I Knew before My Mom Died: Coping with Loss Every Day. From grief counseling to sharing insightful true stories, Alexander offers comfort, reassurance, and hope in the face of sorrow. Coping with loss: In her early 20's reality smacked Ty in the face. She was ill equipped to deal with the emotional and intellectual rollercoaster of dealing with her mom's illness. Through her own trial and error, she found a way to be a caregiver, patient advocate, researcher, and a grieving daughter. She wrote Things I Wish I Knew before My Mom Died: Coping with Loss Every Day to help others find the "best" way to cope and move on, however one personally decides what that means.

Mourning and remembrance: In the chapters of this soul-touching book, mourners will find meaning and wisdom in grieving and the love that will always remain. Each chapter is a study and lesson in coping with loss: • Chapter 1: We've been duped, everyone dies! • Chapter 2: The truth about my moderately dysfunctional family • Chapter 3: The Art Of Losing • Chapter 4: The how of grieving • Chapter 5: How to be obsessively grateful • Chapter 6: Dear Mama

From the bestselling author of "Motherless Daughters" comes the real-life story of one woman's search for a cure to her family's escalating troubles, and the leap of faith that took her on a journey to an exotic place and a new state of mind.

Do you constantly find yourself battling to stop your kids spending hours in front of a screen? Whether it's a tv, an ipad, a pc or a playstation children are spending more and more time absorbed in the digital world and for most parents it's a cause for concern. The most frequent question parenting expert Noel Janis Norton is asked by desperate parents is how to limit and manage screen time. Parents know their children became aggressive and stressed after prolonged time on an electronic device, and they know that it limits their child's willingness to do other activities, yet they are at a loss of what to do about it. In Calmer Easier Happier Screen Time, Noel adapts her proven parenting strategies to this most complex of areas. Using the latest scientific research to show just how addictive the digital world can be for the developing brain of a child, she using the calmer, easier, happier techniques to help parents wean their children away from their electronic devices and get back in charge.

A companion workbook to the bereavement classic.

A collection of truly comforting, down-to-earth thoughts and meditations -- including the authentic voices of survivors -- for anyone grieving the loss of a loved one.

The classic New York Times bestseller that has helped millions of women cope with and heal from the grief of losing their mothers Although a mother's mortality is inevitable no book has discussed the profound lasting and far reaching effects of this loss until Motherless Daughters, which became an instant classic. More than twenty years later, it is still the go-to book that women of all ages look to for comfort, help, and

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understanding when their mother dies. Building on interviews with hundreds of mother loss survivors, Edelman's personal story of losing her mother, and recent research in grief and psychology, *Motherless Daughters* reveals the shared experiences and core identity issues of motherless women: Why the absence of a nurturing hand shapes a woman's identity throughout her lifespan How present day relationships are defined by past losses How a woman can resolve past conflicts and move toward acceptance and healing Why grief really is not a linear passage but an ongoing cyclical journey How the legacy of mother loss shifts with the passage of time

Virginia Woolf introduced us to the "Angel in the House", now prepare to meet... *The Bitch In the House*. This e-book includes an exclusive excerpt from *The Bitch is Back: Older, Wiser, and Getting Happier*, a second collection of essays from nine of the contributors featured in *The Bitch in the House* and from sixteen captivating new voices. Women today have more choices than at any time in history, yet many smart, ambitious, contemporary women are finding themselves angry, dissatisfied, stressed out. Why are they dissatisfied? And what do they really want? These questions form the premise of this passionate, provocative, funny, searingly honest collection of original essays in which twenty-six women writers—ranging in age from twenty-four to sixty-five, single and childless or married with children or four times divorced—invite readers into their lives, minds, and bedrooms to talk about the choices they've made, what's working, and what's not. With wit and humor, in prose as poetic and powerful as it is blunt and dead-on, these intriguing women offer details of their lives that they've never publicly revealed before, candidly sounding off on:

- The difficult decisions and compromises of living with lovers, marrying, staying single and having children
- The perpetual tug of war between love and work, family and career
- The struggle to simultaneously care for ailing parents and a young family
- The myth of co-parenting
- Dealing with helpless mates and needy toddlers
- The constrictions of traditional women's roles as well as the clichés of feminism
- Anger at laid-back live-in lovers content to live off a hardworking woman's checkbook
- Anger at being criticized for one's weight
- Anger directed at their mothers, right and wrong
- And—well—more anger...

"This book was born out of anger," begins Cathi Hanauer, but the end result is an intimate sharing of experience that will move, amuse, and enlighten. *The Bitch in the House* is a perfect companion for your students as they plot a course through the many voices of modern feminism. This is the sound of the collective voice of successful women today—in all their anger, grace, and glory. From *The Bitch In the House*: "I believed myself to be a feminist, and I vowed never to fall into the same trap of domestic boredom and servitude that I saw my mother as being fully entrenched in; never to settle for a life that was, as I saw it, lacking independence, authority, and respect." —E.S. Maduro, page 5 "Here are a few things people have said about me at the office: 'You're unflappable.' 'Are you ever in a bad mood?' Here are things people—okay, the members of my family—have said about me at home: "Mommy is always grumpy.' 'Why are you so tense?' 'You're too mean to live in this house and I want you to go back to work for the rest of your life!'" —Kristin van Ogtrop, page 161 "I didn't want to be a bad mother I wanted to be my mother-safe, protective, rational, calm-without giving up all my anger, because my anger fueled me." —Elissa Schappell, page 195

At eighteen years old, with no high school diploma, a growing rap sheet, and a failed relationship with his estranged father, Timothy J. Hillegonds took a one-way flight from Chicago to Colorado in hopes of leaving his mounting rage and frustration behind. His plan was simple: snowboard, hang out, live an uncomplicated life. *The Distance Between* chronicles how Hillegonds's plan went awry after he immediately jumped head first into a turbulent relationship with April, a Denny's coworker and single mother. At once passionate and volatile, their relationship was fueled by vodka, crystal methamphetamine, and poverty—and it sometimes became violent. Mere months after moving to the mountains, when the stakes felt like they couldn't be higher, Hillegonds learned April was pregnant with his child. More than just a harrowing story of addiction and abuse or a simple mea culpa, *The Distance Between* is a finely wrought exploration of, and reckoning with, absent

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fathers, fatherhood, violence, adolescent rage, white male privilege, and Hillegonds's own toxic masculinity. With nuance and urgency, *The Distance Between* takes readers through the grit of life on the margins while grappling with the problematic nature of one man's existence. Have you ever felt like the pain from losing your mom was breaking you down emotionally, mentally, physically, and spiritually? Have you ever felt like nobody really understands your pain? Do you need to reclaim your power over the pain and live again? If you are one of the many individuals who have lost their mom, you'll find keys for strength and healing in this book. This inspirational book will empower you to move forward, even in the face of pain. If you are ready to take back control of your life, don't wait another minute! About The Author: Dr. Shauntel Peak-Jimenez is an Author, Certified Life Coach, Certified Business Coach, and a Certified Life Coach Trainer. She is also a nurse, and she has earned a Bachelor of Arts in Psychology, a Master of Arts in Biblical Studies, and a Doctorate in Christian Counseling. She is currently pursuing a Doctorate in Philosophy, with an emphasis in Holistic Life Coaching. After unexpectedly losing her mother in 2001 she faced many emotional challenges, but through faith, family, and friends, she found the courage and strength to rise higher than her pain. She is dedicated to being a source of encouragement and inspiration for others. Through her life experience she knows that "what didn't tear us down can build us up."

Parentless Parents is the first book to show how the absence of grandparents impacts everything about the way mothers and fathers raise their children--from everyday parenting decisions to the relationships they have with their spouses and in-laws. For the first time in U.S. history, as the average age of women giving birth has increased significantly, millions of children are at risk of having fewer years with their grandparents than ever before. How has this substantial shift affected parents and kids? Journalist, award-winning television producer, and parentless parent Allison Gilbert has polled and studied more than 1,300 parentless parents from across the United States and a dozen other countries to find out. Through her pioneering research, Gilbert not only shares her own story and the significant and poignant effect that this trend has had on her and hundreds of other families, but also the myriad ways these mothers and fathers have learned to keep the memory of their parents alive for their children, and to find the support and understanding they need.

Kate Spencer lost her mom to cancer when she was 27. In *The Dead Moms Club*, she walks readers through her experience of stumbling through grief and loss, and helps them to get through it, too. This isn't a weepy, sentimental story, but rather a frank, up-front look at what it means to go through gruesome grief and come out on the other side. An empathetic read, *The Dead Moms Club* covers how losing her mother changed nearly everything in her life: both men and women readers who have lost parents or experienced grief of this magnitude will be comforted and consoled. Spencer even concludes each chapter with a cheeky but useful tip for readers (like the "It's None of Your Business Card" to copy and hand out to nosy strangers asking about your passed loved one).

The heartbreaking, never-before-told story of Hollywood icon Natalie Wood's glamorous life, sudden death, and lasting legacy, written by her daughter, Natasha Gregson Wagner. *More Than Love* is a memoir of loss, grief, and coming-of-age by a daughter of Hollywood royalty. Natasha Gregson Wagner's mother, Natalie Wood, was a child actress who became a legendary movie star, the dark-haired beauty of *Splendor in the Grass*, *Rebel Without a Cause*, and *West Side Story*. She and Natasha's stepfather, the actor Robert Wagner, were a Hollywood it-couple twice over, first in the 1950s,

and then again when they remarried in the 70s. But Natalie's sudden death by drowning off Catalina Island at the age of forty-three devastated her family, made her stepfather a person of interest, and turned a vibrant wife, mother, and actress into a tragic figure. The events of that weekend have long been a mystery, and despite the rumors, scandalous media coverage, and accusations of wrongdoing, there has never been an account of how the tragedy was experienced by her daughter. For the first time Natasha addresses the questions surrounding that night to clear her beloved stepfather's name. *More Than Love* begins on the morning after her mother's death in November 1981 when eleven-year-old Natasha hears the news on the radio that her mother's body has been found off the coast of Catalina after her parents had spent the weekend on the family boat, *The Splendour*. From this profound and shattering loss, Natasha shares her memories of her earliest bonds with her mother; her warm, loving, and slightly chaotic childhood as the daughter of two stars; the lost and confused years of her adolescence; and her halting attempts to move forward as a young woman. Beautifully told, *More Than Love* is an emotionally powerful tale of a daughter coming to terms with her grief, as well as a riveting portrait of a famous mother and a vanished Hollywood.

A Prize-winning Memoir *Dont Call Me Mother: Breaking the Chain of Mother-Daughter Abandonment* I wanted to tell the secret stories that my great-grandmother Blanche whispered to me on summer nights in a featherbed in Iowa. I was eight and she was eighty *Dont Call Me Mother* is an inspiring chronicle of perseverance, healing, and the unquenchable power of forgiveness. Acclaimed author and therapist Linda Joy Myers's compelling, compassionate, and often heart-wrenching memoir shares the story of her mother's abandonment of her, part of a generations-long tradition in her family. Myers uncovers the layers of a painful secret she carried with her for years, transporting us on a journey that is both familiar and uncompromising in its honesty a journey into the inner heart of a home shattered by abandonment and undiagnosed manic-depression and a quest for the fulfillment of a childhood dream for a peaceful and loving family.

Ask any woman whose mother has died, and she will tell you that she is irrevocably altered, as deeply changed by her mother's death as she was by her mother's life. Although a mother's mortality is inevitable, no book had discussed the profound, lasting and far-reaching effects of this loss - until *Motherless Daughters*, which became an instant classic. Over twenty years later, it is still the book that women of all ages look to for comfort and understanding when their mothers die, and the book that they continue to press into each other's hands. Building on interviews with hundreds of mother-loss survivors, the author's personal story of losing her mother and recent research in grief and psychology, *Motherless Daughters* reveals the shared experiences and core identity issues of motherless women. * * * * * 'Motherless Daughters is a timeless source of consolation and information for all who grieve the death of their mother. It highlights that we bear this loss by remembering, not forgetting our mother.' JULIA SAMUEL, author of *Grief Works* 'Anyone who

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has lost their mother should read this remarkable, tender book, full of insight and consolation. This is one of those exceptional books that has the power to change your life.' CLOVER STROUD, author of *The Wild Other* 'Nothing has helped me make more sense of myself than *Motherless Daughters*; it's the book I go back to again and again, and find something new in it every time.' DECCA AITKENHEAD 'Intelligent, brave, consoling and wise . . . an essential and illuminating must-read for anyone who has lost a mother or loves someone who did.' CHERYL STRAYED, author of *Wild* 'This book has helped me heal my heart. Finding myself in the stories of other motherless daughters let me know I was not alone. If you have lost your mom - this book is essential.' ROSIE O'DONNELL 'Absorbing . . . insightful . . . a moving and valuable treatment of a neglected subject.' NEW YORK TIMES BOOK REVIEW

"Lyrical and emotionally gutting." —O, THE OPRAH MAGAZINE "Intellectually satisfying [and] artistically profound." —KIRKUS REVIEWS (STARRED REVIEW) "Mesmeric."—THE PARIS REVIEW "Vividly awesome and truly great." —EILEEN MYLES "Gorgeous, gutting, unforgettable." —LENI ZUMAS "Brilliant." —MICHELLE TEA An arresting memoir equal parts refugee-coming-of-age story, feminist manifesto, and meditation on motherhood, displacement, gender politics, and art that follows award-winning writer Sophia Shalmiyev's flight from the Soviet Union, where she was forced to abandon her estranged mother, and her subsequent quest to find her. Russian sentences begin backward, Sophia Shalmiyev tells us on the first page of her striking lyrical memoir. To understand the end of her story, we must go back to the beginning. Born to a Russian mother and an Azerbaijani father, Shalmiyev was raised in the stark oppressiveness of 1980s Leningrad (now St. Petersburg), where anti-Semitism and an imbalance of power were omnipresent in her home. At just eleven years old, Shalmiyev's father stole her away to America, forever abandoning her estranged alcoholic mother, Elena. *Motherless* on a tumultuous voyage to the states, terrified in a strange new land, Shalmiyev depicts in urgent, poetic vignettes her emotional journeys through an uncharted world as an immigrant, artist, and, eventually, as a mother of two. As an adult, Shalmiyev voyages back to Russia to search endlessly for the mother she never knew—in her pursuit, we witness an arresting, impassioned meditation on art-making, gender politics, displacement, and most potently, motherhood.

What do you do when you lose someone you love? What do you do when that someone is your mother? There is no correct answer to that question and somehow our natural instincts kick in and we find a way to go on. The thing about grieving is that nobody can tell you how to grieve. There is no right or wrong way and words, although they sometimes help, may never be enough. After losing my 48 year old mother when I was just 24 years old, I have found a way to live creatively with a bruised and broken heart and I hope my story will inspire you to do the same. In this book I will share my journey through life, love, loss, hope, and a reason to believe that even after losing someone we love tremendously, Life

Still Goes On.

Finalist for the Pulitzer Prize New York Times Bestseller | A Read with Jenna Today Show Book Club Pick | A New York Times Book Review Notable Book | TIME Magazine's 100 Must-Read Books of 2019 Named one of the Best Books of the Year by NPR, The Washington Post; O: The Oprah Magazine, Real Simple, Good Housekeeping, Vogue, Refinery29, and BuzzFeed Ann Patchett, the #1 New York Times bestselling author of *Commonwealth*, delivers her most powerful novel to date: a richly moving story that explores the indelible bond between two siblings, the house of their childhood, and a past that will not let them go. *The Dutch House* is the story of a paradise lost, a tour de force that digs deeply into questions of inheritance, love and forgiveness, of how we want to see ourselves and of who we really are. At the end of the Second World War, Cyril Conroy combines luck and a single canny investment to begin an enormous real estate empire, propelling his family from poverty to enormous wealth. His first order of business is to buy the Dutch House, a lavish estate in the suburbs outside of Philadelphia. Meant as a surprise for his wife, the house sets in motion the undoing of everyone he loves. The story is told by Cyril's son Danny, as he and his older sister, the brilliantly acerbic and self-assured Maeve, are exiled from the house where they grew up by their stepmother. The two wealthy siblings are thrown back into the poverty their parents had escaped from and find that all they have to count on is one another. It is this unshakeable bond between them that both saves their lives and thwarts their futures. Set over the course of five decades, *The Dutch House* is a dark fairy tale about two smart people who cannot overcome their past. Despite every outward sign of success, Danny and Maeve are only truly comfortable when they're together. Throughout their lives they return to the well-worn story of what they've lost with humor and rage. But when at last they're forced to confront the people who left them behind, the relationship between an indulged brother and his ever-protective sister is finally tested. A validating new approach to the long-term grieving process that explains why we feel "stuck," why that's normal, and how shifting our perception of grief can help us grow—from the New York Times bestselling author of *Motherless Daughters* "This is perhaps one of the most important books about grief ever written. It finally dispels the myth that we are all supposed to get over the death of a loved one."—Claire Bidwell Smith, author of *Anxiety: The Missing Stage of Grief* Aren't you over it yet? Anyone who has experienced a major loss in their past knows this question. We've spent years fielding versions of it, both explicit and implied, from family, colleagues, acquaintances, and friends. We recognize the subtle cues—the slight eyebrow lift, the soft, startled "Oh! That long ago?"—from those who wonder how an event so far in the past can still occupy so much precious mental and emotional real estate. Because of the common but false assumption that grief should be time-limited, too many of us believe we're grieving "wrong" when sadness suddenly resurges sometimes months or even years after a loss. *The AfterGrief* explains that the death of a loved one isn't

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something most of us get over, get past, put down, or move beyond. Grief is not an emotion to pass through on the way to “feeling better.” Instead, grief is in constant motion; it is tidal, easily and often reactivated by memories and sensory events, and is re-triggered as we experience life transitions, anniversaries, and other losses. Whether we want it to or not, grief gets folded into our developing identities, where it informs our thoughts, hopes, expectations, behaviors, and fears, and we inevitably carry it forward into everything that follows. Drawing on her own encounters with the ripple effects of early loss, as well as on interviews with dozens of researchers, therapists, and regular people who’ve been bereaved, New York Times bestselling author Hope Edelman offers profound advice for reassessing loss and adjusting the stories we tell ourselves about its impact on our identities. With guidance for reframing a story of loss, finding equilibrium within it, and even experiencing renewed growth and purpose in its wake, she demonstrates that though grief is a lifelong process, it doesn’t have to be a lifelong struggle.

Motherless Daughters The Legacy of Loss, 20th Anniversary Edition Da Capo Lifelong Books

To tell you how to use this workbook would be like giving you instructions on how to grieve. Impossible. The only thing we know for sure is that no two people will approach this work in the same way. If there's one thing you should remember as you begin this process, it is this: You are not alone. With that knowledge, you've already begun to heal. --from A Mother Loss Workbook Inspired by Hope Edelman's bestselling Motherless Daughters, authors Diane Hambrook and Gail Eisenberg have created a sensitive, accessible workbook for women suffering the wounds of early mother loss. A Mother Loss Workbook is designed to help the motherless daughter tell the story she needs to tell--her story. Its varied exercises, open-ended questions, writing topics, and activities, drawn from Hambrook's years of work with motherless daughters, provide both careful direction and generous room for self-expression. This book is a safe place where no one will judge a woman, where the work she must do can be done in her own time, at her own pace, and at any stage of mourning. A Mother Loss Workbook is an ideal supplement for personal therapy and support groups, but it is an important--and perhaps the only--tool for women just starting their journey or who are hesitant to go public with their feelings. Whether a woman uses it privately or shares it with a group, no matter how long it's been since her mother died, A Mother Loss Workbook will guide her toward fully understanding her loss and taking charge of her future.

SHORTLISTED FOR THE WAINWRIGHT PRIZE 'This story - so fierce and brave and visceral and raw - will stay with me forever. Clover Stroud is a force of nature, and a woman who is fearless in the face of life and death. I loved it.' Elizabeth Gilbert, author of Eat Pray Love 'An astonishing book about loss, love, darkness, pain, sex and adventure. I adore it.' Dolly Alderton 'There is so much richly evoked life here... beautifully written.' Cathy Rentzenbrink, The Times 'This redemptive memoir will steal your heart; it will return it bruised but emboldened.' Mail on Sunday 'I have huge admiration for the spirit of this memoir, and its author: full of heart, bravery and adventure. A moving, gripping read.' Amy Liptrot, author of The Outrun Clover Stroud grew up in rural Wiltshire surrounded by animals and family. When she was just sixteen her adored mother had a horrific riding accident which left her permanently brain-damaged, and suddenly Clover was left to fend for herself. She embarked on an extraordinary journey to heal her broken heart, courting men and danger through two marriages and five children. The Wild Other is a grippingly honest account of love, sex and travelling to the darkest edges of human experience and back again. Powerful and deeply emotional, this is the story of an extraordinary life lived at its fullest.

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National surveys, interviews, and portraits of high-profile men examine the way men deal with the death of their fathers, and offer advice on how men of any age can cope with their loss.

A powerful and searingly honest memoir about a young woman who loses her family but finds herself in the process. In this astonishing debut, Claire Bidwell Smith, an only child, is just fourteen years old when both of her charismatic parents are diagnosed with cancer. What follows is a coming-of-age story that is both heartbreaking and exhilarating. As Claire hurtles towards loss she throws herself at anything she thinks might help her cope with the weight of this harsh reality: boys, alcohol, traveling, and the anonymity of cities like New York and Los Angeles. By the time she is twenty-five years old they are both gone and Claire is very much alone in the world. Claire's story is less of a tragic tale and more of a remarkable lesson on how to overcome some of life's greatest hardships. Written with suspense and style, and bursting with love and adventure, *The Rules of Inheritance* vividly captures the deep grief and surprising light of a young woman forging ahead on a journey of loss that humbled, strengthened, and ultimately healed her.

Ask any woman whose mother has died, and she will tell you that she is irrevocably altered, as deeply changed by her mother's death as she was by her mother's life. Although a mother's mortality is inevitable, no book had discussed the profound, lasting, and far-reaching effects of this loss--until *Motherless Daughters*, which became an instant classic. Twenty years later, it is still the book that women of all ages look to for comfort and understanding when their mothers die, and the book that they continue to press into each other's hands. Building on interviews with hundreds of mother-loss survivors, the author's personal story of losing her mother, recent research in grief and psychology, and with a new afterword exploring how the legacy of mother loss shifts with the passage of time, *Motherless Daughters* reveals the shared experiences and core identity issues of motherless women: Why the absence of a nurturing hand shapes a woman's identity throughout her lifespan How present-day relationships are defined by past losses How a woman can resolve past conflicts and move toward acceptance and healing What grief really is: not a linear passage, but an ongoing cyclical journey

A place for you to record your feelings about your Dear Mom, whether you have recently lost her, or she is simply not by your side right now. Details: Template on every other page that says Dear Mom, I miss you -Another template page has a spots to record 3 things you are grateful for, along with a place for doodles.The interior is also surrounded by beautiful butterflies and flowers.Click look inside on the book cover Life goes on. But does it really? When my beautiful 47 year old mother, Gina, was diagnosed with stage four Lung Cancer, my world as I knew it came tumbling down. As a 23 year old girl, ready to start a life of my own, this heart wrenching news was more than I could bear. Together we battled her terminal illness. Along the way we shared happiness, sadness, laughter, love, hope & heartache. We went through the motions, the ups and downs. I stood by her side as she inspired many others who were also fighting this beast they call cancer, to keep on fighting. We kept the hope strong as she had an army behind her cheering her on, every step of the way. When my mom passed away only ten months after diagnosis I found treasures that she had left behind that told a story of a mother's undying love. Treasures that will forever remain in my mind, body, heart, and soul. Treasures that brought a new hope and a profound reason to carry on the life she loved to live so very much. This true story was written with the intent to inspire many. To those who are fighting the fight, keep on fighting. To those who have experienced tremendous loss, we must remember that even through the darkest of days, life does in fact go on.

When Hope Edelman, author of the New York Times bestseller *Motherless Daughters*, became a parent, she found herself revisiting the loss of her mother in ways she had never anticipated. Now the mother of two young girls, Edelman set out to learn

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how the loss of a mother to death or abandonment can affect the ways women raise their own children. In *Motherless Mothers*, Edelman uses her own story as a prism to reveal the unique anxieties and desires that these women experience as they raise their children without the help of a living maternal guide. In an impeccably researched, luminously written book enriched by the voices of the mothers themselves—and filled with practical insight and advice from experienced professionals—she examines their parenting choices, their triumphs, and their fears, and offers motherless mothers the guidance and support they want and need. "One of the classics in the field of crisis intervention" (Dr. Earl Grollman), *Life after Loss* is the go-to resource for anyone who has suffered a significant life change. Loss can be overwhelming, and recovery often seems daunting, if not impossible. With great compassion and insight, Deits provides practical exercises for navigating the uncertain terrain of loss and grief, helping readers find positive ways to put together a life that is necessarily different, but equally meaningful. With two new chapters and significant changes throughout reflecting Deits's ongoing experience in counseling, *Life after Loss* is an essential "roadmap for those in grief" (Lawrence J. Lincoln, MD, Staff, Elisabeth Kubler-Ross Center).

Motherless Daughters examines the profound effects of the loss of a mother on a woman's identity, personality and life choices, both immediately and as her life goes on. Hope Edelman, who lost her mother at seventeen, searched for a book like this, and *Letters from Motherless Daughters* is a compilation of the letters Hope Edelman received in response to her groundbreaking New York Times–bestseller, *Motherless Daughters*. Reaffirming her precious link with motherless women across the country, Edelman presents these moving, honest, and often hopeful letters alongside her own insight to offer readers the opportunity to further learn from loss. The words of these brave women illustrate the profound pain, astounding strength, and undying perseverance of living through the loss of one's mother without ever outliving the need for her. Edelman has added a new introduction and new letters, tailoring this important book to a new generation.

When Mom Dies: A Daughter's Unique Guide to Help Heal Grieving Hearts Today is a powerful and compassionate book filled with practical advice and encouragement for any and everyone who has lost their Mother. From the experience of dealing with day one of Mom's death to breaking through extreme grief and sorrow when your Mother is your best friend, the author has penned a valuable, quick-read book that shares useful tips and offers valuable wisdom for coping with the loss of a Mother. WHEN MOM DIES INCLUDES CHAPTERS ON:??* What To Do When Mom Dies??* 12 Simple Things You Can Do Right Now to Feel Better?* 31 Ideas to Encourage Your Healing Heart?* Helpful Resources to Consider?* The #1 Way You Can Honor Your Mother's Life & Legacy"WHEN MOM DIES delivers love, strength and compassion for our hearts -- for years to come." - FROM THE PREFACE "Morbid and illuminating" (Entertainment Weekly)—a young mortician goes behind the scenes of her curious profession. Armed with a degree in medieval history and a flair for the macabre, Caitlin Doughty took a job at a crematory and turned morbid curiosity into her life's work. She cared for bodies of every color, shape, and affliction, and became an intrepid explorer in the world of the dead. In this best-selling memoir, brimming with gallows humor and vivid characters, she marvels at the gruesome history of undertaking and relates her unique coming-of-age story with bold curiosity and mordant wit. By turns hilarious, dark, and uplifting, *Smoke Gets*

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in Your Eyes reveals how the fear of dying warps our society and "will make you reconsider how our culture treats the dead" (San Francisco Chronicle).

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