



Saying Goodbye to Someone You Love: Your Emotional Journey Through End of Life and Grief

Norine Dresser, Fredda Wasserman

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Named a 2010 Self Help Best Book by Library Journal

Saying Goodbye To Someone You Love consists of moving narratives about end of life and grief. These personal histories are complemented by practical guidelines for those caring for their loved ones through the last stages of life. For those who are grieving, the true-to-life-stories demonstrate how others have navigated through the tidal wave of emotions and reactions that characterize the grief process. For health care professionals and those who are offering support to grievers, *Saying Goodbye To Someone You Love* provides a new perspective on the challenges of caring for the dying and living with grief.

Hundreds of poignant, touching, loving, humorous personal experiences address readers' concerns and curiosity about how others have faced life's final chapter with love and dignity. Specific issues include talking about death, hospice, funerals, grieving, and celebrating life.

Saying Goodbye To Someone You Love empowers readers by

Inspiring hope

The narratives and advice in *Saying Goodbye To Someone You Love* benefits family members, friends and health care professionals as they travel the emotional journey through end of life and grief.

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From reader reviews:

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