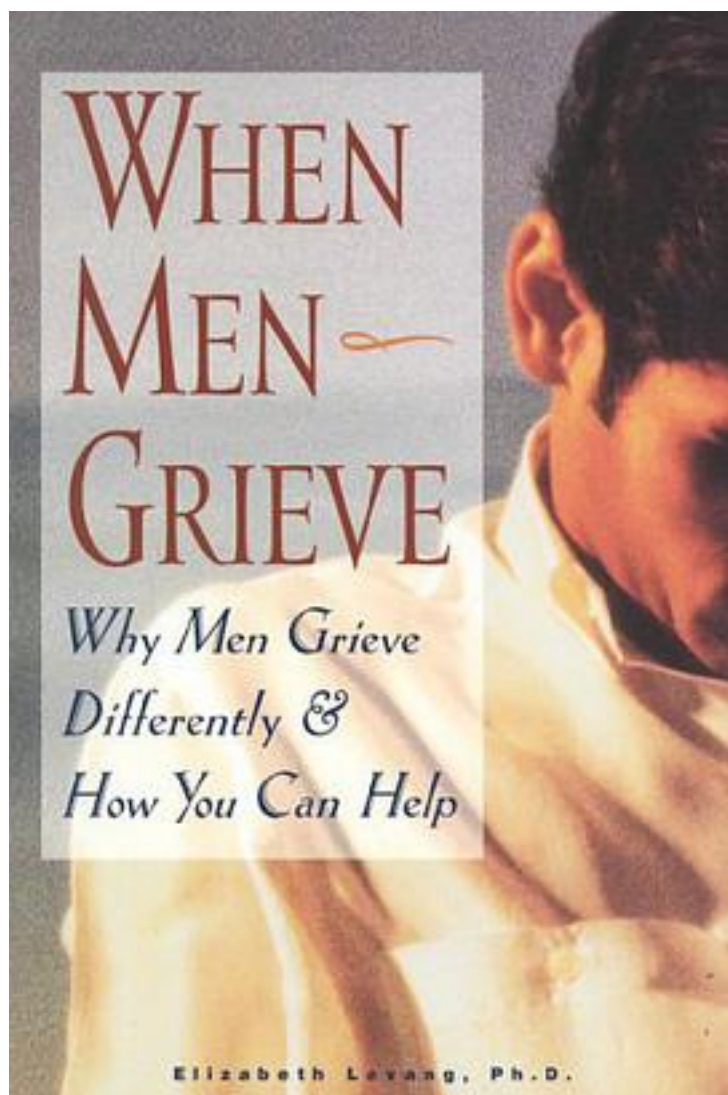


When Men Grieve



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This insightful and accessible volume explores the often overlooked area of men's grief, and explains how men can better cope with feelings of loss. "When Men Grieve" features eleven real-life stories of personal tragedy and uses them to show men how they can learn to communicate their feelings, move beyond denial, avoid falling into addictive patterns of behaviour, and overcome feelings of anger, bitterness, or helplessness. It also offers thorough and practical advice for women on how to respond - rather than react - to the behaviour men display when grieving.

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