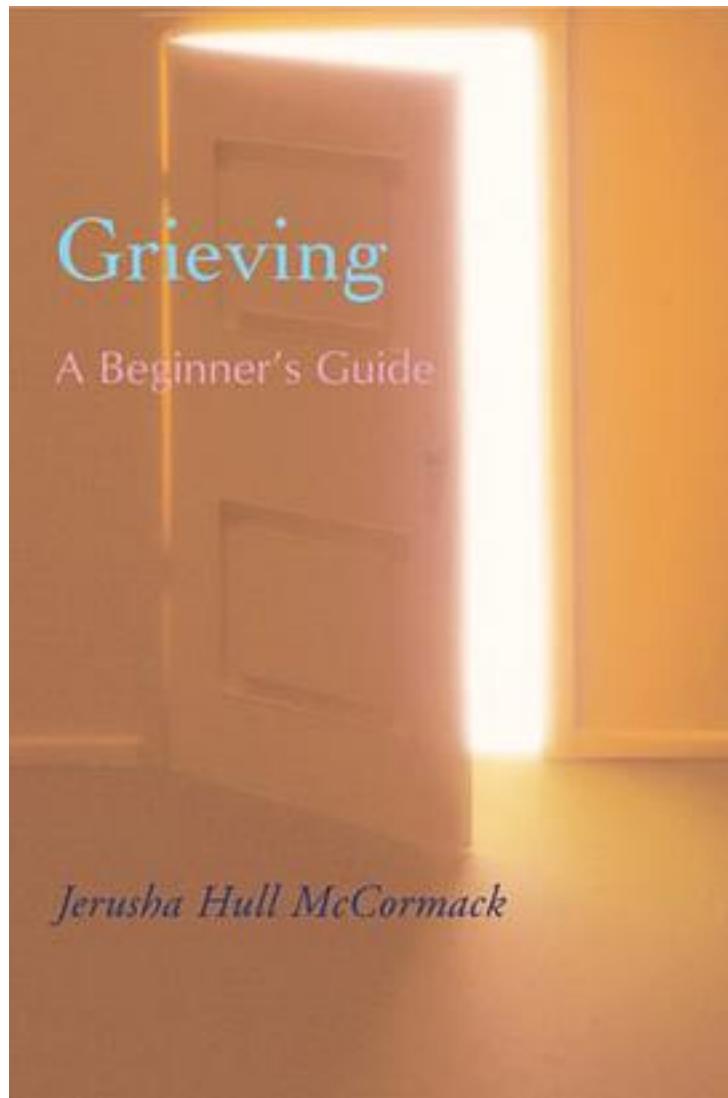


# Grieving



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?Chances are, if you are reading this, your heart is broken. This book is designed to help those in pain ? and specifically those who have lost someone through death ? to imagine the path before them. It is a path of suffering. But it is also a path that may lead to unexpected discoveries ? and to peace.? There is no sure route through grieving. Jerusha McCormack provides instead a series of signposts by which we may find our own path to a new life. ?We are all amateurs at grief, ? she writes, ?it comes to us all; we must all go through it. To treat grief as a problem to be fixed, or (worse still) to medicalize it, is to rob us of the extraordinary privilege of encountering this experience on our terms: for each of us has our own way of grieving, and each of us has something special to learn from the process.?

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