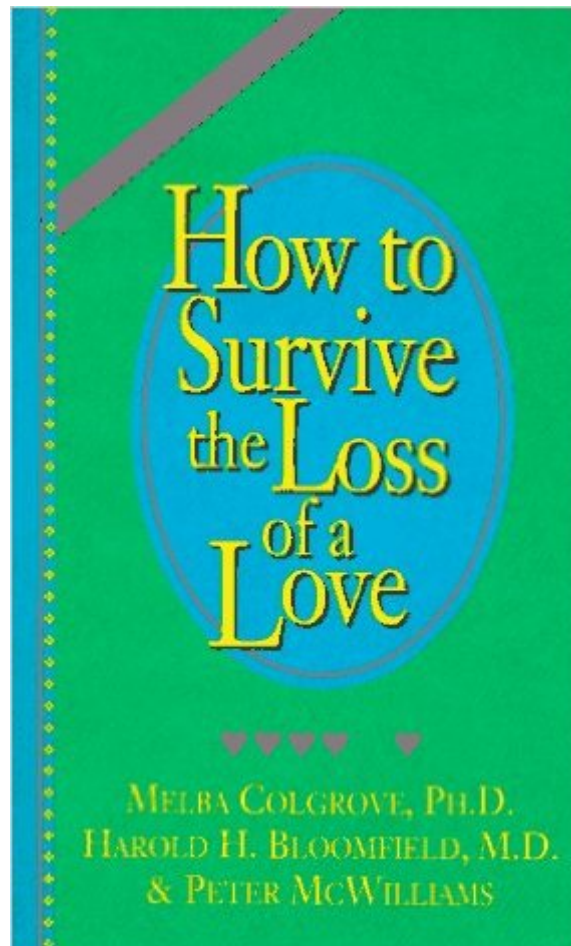


The book was found

# How To Survive The Loss Of A Love



## Synopsis

Discusses the variety of reactions that people experience because of the loss of a love and provides numerous recommendations for coping with pain and achieving comfort.

## Book Information

Paperback: 208 pages

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (610 customer reviews)

Best Sellers Rank: #9,695 in Books (See Top 100 in Books) #5 in [Books > Parenting & Relationships > Family Relationships > Divorce](#) #20 in [Books > Self-Help > Relationships > Love & Loss](#) #22 in [Books > Self-Help > Death & Grief > Grief & Bereavement](#)

## Customer Reviews

Let's face it, abandonment hurts. There would be more charity in murder. But, if your heart has been broken, if you are the one who wanted the relationship to work, if you are the one left behind - this is the perfect book for you. Buy it. In it you will find short, one page chapters chock full of important reminders, proverbs, advice and practical suggestions. Throughout the message is constant - let yourself hurt, take responsibility for your own pain and your own healing, you will survive, you will smile again, life really is worth living. Accompanying every chapter is a short, one page, free verse poem. Nothing has ever helped me feel more than these did. I read most of this book while sitting in a city park one sunny, Sunday afternoon. All around me were families playing with their children. Inside I was bleeding, and frequently crying. It took at least two more years to get over being dumped, but my healing started that day. Maybe your's will, too.

I've ploughed through a spate of self-help books on this topic lately, and have written some scathing reviews; because all of them appeared to have their own agendas, and none of them seemed to help. Until I found this one. This book described to me EXACTLY what I was going through. It did not seek to reframe the experience within the author's religious views. It did not seek to impose a decision or a philosophy on me. It did not try to get me to DO anything. It simply described exactly

what was happening, and it did it in a way that made it okay for me to feel the way I was feeling. The book is formatted in pairs of facing pages. On the lefthand page is straightforward prose; on the righthand pages (with a few exceptions) are short, original poems. This presentation I found extremely powerful. The poems connect in a way that the prose can't; and the prose lends strength and validity and concrete information to the feelings expressed in the poetry. The combined effect is one of knowledge and empathy. In other words, reading this book is like sitting down and talking with a wise, kind friend. The writing style is sparse yet complete. It would pass any test that E.B. White could put to it. It is, in itself, enjoyable. Reading the above, I find that my description is inadequate. If you are going through the loss of a loved one, or, in fact, any kind of a loss at all, this book will give you comfort... it will put things in perspective for you, without demeaning or trivializing your feelings, and it will leave you in a place from which you can move on. j michael rowland

After a sudden and devastating breakup, this book was a God-send. I read it nearly every day for months. The authors provide very practical advice, and reassure the reader that his/her chaotic emotions are a natural part of the grieving (and healing) process. "How to Survive the Loss of a Love" is an essential purchase for anyone grieving a breakup or divorce.

I bought this book based on all the rave reviews here on . And had I divorced or had a relationship breakup it would have been perfect, BUT, having lost the love of my life to a death... I did not find comfort in this book. I am not angry at him, he did not betray me, I do not wonder if he will call me again, he died, prematurely. And I miss him. This is a great book if you are suffering grief from a breakup, but I personally, did not find it useful or helpful at all for the type of loss I suffered. I cherish the love that we had - and he did not leave me willingly by choice - therefore I do not feel I have to process feelings of anger towards him. I don't usually write reviews, but I wanted to keep the contents of this book in context so that people searching for some relief of pain having suffered the death of a loved one, will not be misled. (like I was) Obviously this is purely my own opinion, but for what it is worth, the pain of a breakup (which I have also experienced) is a different kind of pain than the pain of a death, and it is not reasonable to assume they could be treated the same way.

This is a book to be read a sentence or a paragraph at a time when you are in pain. I was given the book after the loss of my boss, and dug it out again a few weeks ago when my father died. When you're in too much pain to read or too antsy to sit still, this is the book to pick up. As the author points out, this is emotional first aid, and I find it most helpful when the wound is fresh. I like to keep

a few copies of this book on hand and share it selectively with friends and family when I see the need. While there are tons of books on grieving and surviving loss, this one is different. It is just what you need at the time--no more, no less. I can't recommend it highly enough.

I read this book years ago when I was going through a very painful breakup. My mom sent me not one, but 4 copies, with instructions to hand others out as other people in my life needed them. Now, a close friend of mine is going through a difficult loss, similar to my own. I am about to pass on my last copy (saving, of course, the one that I read) knowing that this book will get her on the right track. This book is ECXELLENT, and gave me all the tools to get through the hardest times. When you buy this book, be sure to buy extras so that when it's your turn to be the shoulder to cry on, you can pass one on to them!

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