



I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One

Brook Noel, Pamela Blair PhD

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Now there is a hand to hold...

Each year about eight million Americans suffer the death of someone close to them. Now for those who face the challenges of sudden death, there is a hand to hold, written by two women who have experienced sudden loss. This updated edition of the best-selling bereavement classic will touch, comfort, uplift and console. Authors Brook Noel and Pamela D. Blair, Ph.D. explore sudden death and offers a comforting hand to hold for those who are grieving the sudden death of a loved one.

Featured on ABC World News, Fox and Friends and many other shows, this book acts as a touchstone of sanity through difficult times. *I Wasn't Ready to Say Goodbye* covers such difficult topics as the first few weeks, suicide, death of a child, children and grief, funerals and rituals, physical effects, homicide and depression. New material covers the unique circumstances of loss, men and women's grieving styles, religion and faith, myths and misunderstandings, *I Wasn't Ready to Say Goodbye* reflects the shifting face of grief.

These pages have offered solace to over eighty thousand people, ranging from seniors to teenagers and from the newly bereaved to those who lost a loved one years ago. Individuals engulfed by the immediate aftermath will find a special chapter covering the first few weeks.

Tapping their personal histories and drawing on numerous interviews, authors Brook Noel and Pamela D. Blair, Ph.D, explore unexpected death and its role in the cycle of life. *I Wasn't Ready to Say Goodbye* provides survivors with a rock-steady anchor from which to weather the storm of pain and begin to rebuild their lives.

PRAISE FOR I WASN'T READY TO SAY GOODBYE

"I highly recommend this book, not only to the bereaved, but to friends and counselors as well."

Helen Fitzgerald, author of *The Grieving Child, The Mourning Handbook, and The Grieving Teen*

"This book, by women who have done their homework on grief... can hold a hand and comfort a soul through grief's wilderness. Outstanding references of where to see other help."

George C. Kandle, Pastoral Psychologist

"Finally, you have found a friend who can not only explain what has just occurred, but can take you by the hand and lead you to a place of healing and personal growth. Whether you are dealing with the loss of a family member, a close personal associate or a friend, this guide can help you survive and cope, but even more importantly... heal."

The Rebecca Review

"For those dealing with the loss of a loved one, or for those who want to help someone who is, this is a highly recommended read."

Midwest Book Review

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Betsy Haley:

People live in this new time of lifestyle always make an effort to and must have the free time or they will get wide range of stress from both everyday life and work. So , whenever we ask do people have time, we will say absolutely yes. People is human not really a robot. Then we inquire again, what kind of activity have you got when the spare time coming to you actually of course your answer will unlimited right. Then do you ever try this one, reading books. It can be your alternative with spending your spare time, the actual book you have read is usually I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One.

John Johnson:

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