



# On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss

By Elisabeth Kübler-Ross, David Kessler

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Ten years after the death of Elisabeth Kübler-Ross, this commemorative edition of her final book combines practical wisdom, case studies, and the authors' own experiences and spiritual insight to explain how the process of grieving helps us live with loss. Includes a new introduction and resources section.

Elisabeth Kübler-Ross's *On Death and Dying* changed the way we talk about the end of life. Before her own death in 2004, she and David Kessler completed *On Grief and Grieving*, which looks at the way we experience the process of grief.

Just as *On Death and Dying* taught us the five stages of death—denial, anger, bargaining, depression, and acceptance—*On Grief and Grieving* applies these stages to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing. This is “a fitting finale and tribute to the acknowledged expert on end-of-life matters” (*Good Housekeeping*).

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- Sales Rank: #3516 in Books
- Brand: Scribner Book Company
- Published on: 2014-08-12
- Released on: 2014-08-12
- Original language: English
- Number of items: 1
- Dimensions: 8.37" h x .70" w x 5.50" l, .0 pounds
- Binding: Paperback
- 272 pages



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### Editorial Review

#### Review

"Elisabeth Kübler-Ross left us one last gift, and it's a masterpiece. She and grief expert David Kessler have written a modern classic, the kind of book that all of us will want to keep on our bookshelves because we know it speaks to our deepest hearts."

-- Marianne Williamson

"Elisabeth Kübler-Ross left us one last gift, and it's a masterpiece. Having illuminated the subject of death, she has now illuminated the subject of grief. She and grief expert David Kessler have written a modern classic, the kind of book that all of us will want to keep on our bookshelves because we know it speaks to our deepest hearts."

-- Marianne Williamson

"Elisabeth Kübler-Ross deserves to be remembered because her life and work have made this world a better place. "On Grief and Grieving" is a heartfelt tribute to all who have lost a loved one, from a woman who changed our lives by changing our relationship to death and dying. What a wonderful book Elisabeth and David have written."

-- Caroline Myss

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#### About the Author

Elisabeth Kübler-Ross, MD, (1926–2004) was a Swiss-born psychiatrist, humanitarian, and co-founder of the hospice movement around the world. She was also the author of the groundbreaking book *On Death and Dying*, which first discussed The Five Stages of Grief. Elisabeth authored twenty-four books in thirty-six languages and brought comfort to millions of people coping with their own deaths or the death of a loved one. Her greatest professional legacy includes teaching the practice of humane care for the dying and the importance of sharing unconditional love. Her work continues by the efforts of hundreds of organizations around the world, including The Elisabeth Kübler-Ross Foundation: EKRFoundation.org.

David Kessler is the coauthor of *Life Lessons: Two Experts on Death and Dying Teach Us About the Mysteries of Life and Living*. On his own, he is the author of *The Needs of the Dying*, which received praise from Mother Teresa and has been translated into eleven languages. He is a nationally recognized leader in the field of hospice and palliative care.

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Nowadays reading books are more than want or need but also turn into a life style. This reading addiction give you lot of advantages. Associate programs you got of course the knowledge the rest of the information inside the book which improve your knowledge and information. The details you get based on what kind of e-book you read, if you want have more knowledge just go with education books but if you want feel happy read one using theme for entertaining like comic or novel. The On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss is kind of book which is giving the reader unstable experience.

#### Mindy Arredondo:

Reading a guide tends to be new life style with this era globalization. With examining you can get a lot of information which will give you benefit in your life. Together with book everyone in this world can easily share their idea. Books can also inspire a lot of people. A great deal of author can inspire their reader with their story or perhaps their experience. Not only situation that share in the ebooks. But also they write about the ability about something that you need illustration. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors these days always try to improve their skill in writing, they also doing some analysis before they write with their book. One of them is this On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss.

#### John Collins:

The reason why? Because this On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will jolt you with the secret it inside. Reading this book next to it was fantastic author who else write the book in such awesome way makes the content within easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any more or you going to regret it. This unique book will give you a lot of gains than the other book possess such as help improving your expertise and your critical thinking method. So , still want to postpone having that book? If I have been you I will go to the guide store hurriedly.

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