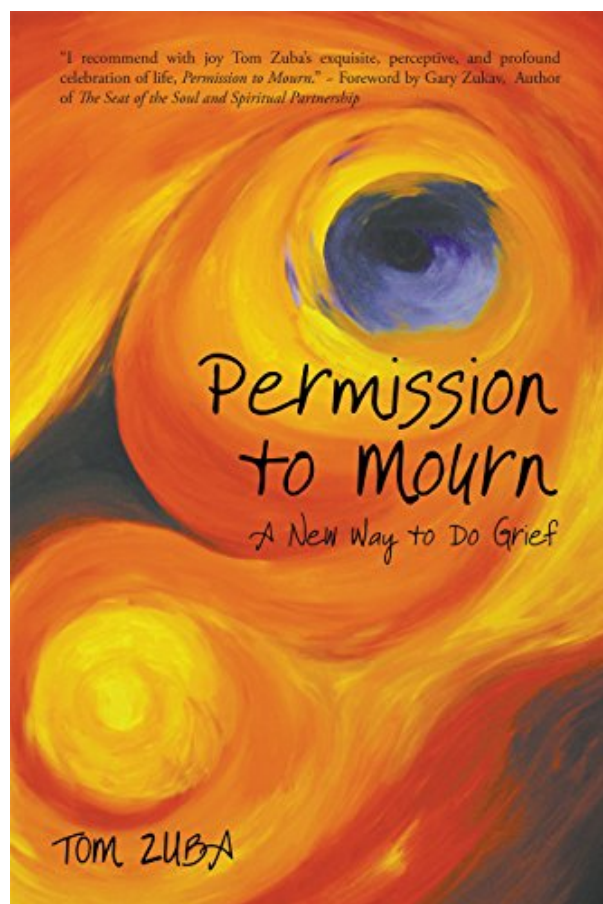


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"I recommend with joy Tom Zuba's exquisite, perceptive, and profound celebration of life, *Permission to Mourn*." - Foreword by Gary Zukav, Author of *The Seat of the Soul and Spiritual Partnership*

Permission to Mourn

A New Way to Do Grief

TOM ZUBA

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Review

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The death of someone we love cracks us open inviting us to become the person we were born to be. This is the book Tom Zuba wishes he had read after his daughter Erin died. And after his wife Trici died. It's the book he wishes he'd been handed following his son Rory's death. But Tom had to live it. First. Before he could write it. For you. In the beginning, Tom did grief the old way. Repressing, denying, pretending, numbing and stuffing every feeling and every emotion that arose. He created pain on top of pain until he began searching for a new way. A new way to do grief. Once he gave himself permission to mourn, healing began. Along the way, Tom discovered that: * Grief is not the enemy. Grief can be one of our greatest teachers. * It's the stories we tell that determine whether or not we will heal. * We will always have a relationship with the people we love that have died. * We were not born to suffer. We were born to be radiant. There is a new way to do grief. Let Tom Zuba teach you how.

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21 of 21 people found the following review helpful.

One of the finest

By Marty Tousley

This is undoubtedly one of the finest books I've ever read about grief, and trust me, I've read dozens of them. Tom Zuba speaks with the authentic voice of one who knows first-hand the experience of unspeakable loss, not only as a twice-bereaved parent but as a surviving spouse as well. His words are simple but eloquent, and thus very easy to read and to comprehend ~ which is important to those in the early throes of grief, who may find it difficult to concentrate. I was able to read the entire book in one sitting ~ mainly because once started, I couldn't put it down. The content is clinically accurate and reliable, in that it reflects the most current research and thinking of noted experts in the field of grief and loss. What is more, it is delivered in a manner that is filled with hope, wisdom and love. I will not hesitate to recommend it highly to clients and colleagues. If you know someone who is grieving, I cannot think of a more thoughtful gift than this beautiful book.

12 of 12 people found the following review helpful.

excellent book for those grieving

By MLC

This is one of the best books I have read on grieving and I have read many. I cried through a lot of the book BECAUSE Tom was speaking directly to me. So much of my short journey is just like Tom talked about in

his book. I will re read this and hopefully I can practice some of his suggestions.

13 of 14 people found the following review helpful.

Honoring Your Loved One

By marilyn

Incredible wisdom is imparted in this short book. You will not only walk away with new insights into life, death, healing, and grieving, but you will understand that doing the work will allow you the ability to honor the person you grieve for by actually having a richer life. Tom's own story gives hope. You will want to read it over and over knowing that you'll have the tools to come out richer on the other side of grief.

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