

Motherless Daughters The Legacy Of Loss

"Anguished, beautifully written... The Long Goodbye is an elegiac depiction of drama as old as life." -- The New York Times Book Review From one of America's foremost young literary voices, a transcendent portrait of the unbearable anguish of grief and the enduring power of familial love. What does it mean to mourn today, in a culture that has largely set aside rituals that acknowledge grief? After her mother died of cancer at the age of fifty-five, Meghan O'Rourke found that nothing had prepared her for the intensity of her sorrow. In the first anguished days, she began to create a record of her interior life as a mourner, trying to capture the paradox of grief-its monumental agony and microscopic intimacies-an endeavor that ultimately bloomed into a profound look at how caring for her mother during her illness changed and strengthened their bond. O'Rourke's story is one of a life gone off the rails, of how watching her mother's illness-and separating from her husband-left her fundamentally altered. But it is also one of resilience, as she observes her family persevere even in the face of immeasurable loss. With lyricism and unswerving candor, The Long Goodbye conveys the fleeting moments of joy that make up a life, and the way memory can lead us out of the jagged darkness of loss. Effortlessly blending research and reflection, the personal and the universal, it is not only an exceptional memoir, but a necessary one.

When Leigh Van Der Horst lost her beloved mother to cancer in 2008, she faced her biggest battle yet. In *Without My Mum*, she invites us on a journey that is at times heartbreaking, others heartwarming, but ultimately comforting and inspiring. With warmth and candour, Leigh tells of her transformative passage through devastating grief, one that allowed her to rediscover and redefine her own identity. As well as exploring her own experience, Van Der Horst brings together stories from many inspiring women around the world, including contributions from Jools Oliver, Lisa Wilkinson, Megan Gale, Amanda de Cadenet and Natalie 'A wonderful book that captured my heart in the first few paragraphs. Leigh's candid, humorous and heartfelt narrative, together with a collection of stories and wisdom from others who have walked a similar path, are authentic, uniting and ultimately inspiring. It's a laugh-out-loud, sob-a-little-uncontrollably kind of book that will resonate with any parent or carer. I adored it!' —Jools Oliver 'I can't sing the praises of this gorgeous mum enough. For those who have lost their mum and are forging ahead as a mum on your own, this is truly a must have book.' —Natalie Bassingthwaite

Life goes on. But does it really? When my beautiful 47 year old mother, Gina, was diagnosed with stage four Lung Cancer, my world as I knew it came tumbling down. As a 23 year old girl, ready to start a life of my own, this heart wrenching news was more than I could bear. Together we battled her terminal illness. Along the way we shared happiness, sadness, laughter, love, hope & heartache. We went through the motions, the ups and downs. I stood by her side as she inspired many others who were also fighting this beast they call cancer, to keep on fighting. We kept the hope strong as she had an army behind her cheering her on, every step of the way. When my mom passed away only ten months after diagnosis I found treasures that she had left behind that told a story of a mother's undying love. Treasures that will forever remain in my mind, body, heart, and soul. Treasures that brought a new hope and a profound reason to carry on the life she loved to live so very much. This true story was written with the intent to

inspire many. To those who are fighting the fight, keep on fighting. To those who have experienced tremendous loss, we must remember that even through the darkest of days, life does in fact go on.

"Lyrical and emotionally gutting." —O, THE OPRAH MAGAZINE "Intellectually satisfying [and] artistically profound." —KIRKUS REVIEWS (STARRED REVIEW)

"Mesmeric."—THE PARIS REVIEW "Vividly awesome and truly great." —EILEEN MYLES "Gorgeous, gutting, unforgettable." —LENI ZUMAS "Brilliant." —MICHELLE TEA An arresting memoir equal parts refugee-coming-of-age story, feminist manifesto, and meditation on motherhood, displacement, gender politics, and art that follows award-winning writer Sophia Shalmiyev's flight from the Soviet Union, where she was forced to abandon her estranged mother, and her subsequent quest to find her.

Russian sentences begin backward, Sophia Shalmiyev tells us on the first page of her striking lyrical memoir. To understand the end of her story, we must go back to the beginning. Born to a Russian mother and an Azerbaijani father, Shalmiyev was raised in the stark oppressiveness of 1980s Leningrad (now St. Petersburg), where anti-Semitism and an imbalance of power were omnipresent in her home. At just eleven years old, Shalmiyev's father stole her away to America, forever abandoning her estranged alcoholic mother, Elena. Motherless on a tumultuous voyage to the states, terrified in a strange new land, Shalmiyev depicts in urgent, poetic vignettes her emotional journeys through an uncharted world as an immigrant, artist, and, eventually, as a mother of two. As an adult, Shalmiyev voyages back to Russia to search endlessly for the mother she never knew—in her pursuit, we witness an arresting, impassioned meditation on art-making, gender politics, displacement, and most potently, motherhood.

While the death of a parent is always painful, losing both is life-altering. When author Allison Gilbert lost both parents at age 32, she could not find any books that spoke to her with the same level of compassion and reassurance that she found in the support group she belonged to, so she decided to write one of her own. The result is a sensitive and candid portrayal of loss that brings together experiences from famous and ordinary grief-stricken sons and daughters that explores the regrets, heartache and sometimes, relief, that accompanies pain and healing. *Always Too Soon* provides a range of intimate conversations with those — famous and not — who have lost both parents, providing readers with a source of comfort and inspiration as they learn to negotiate their new place in the world. Contributors include Hope Edelman, Geraldine Ferraro, Dennis Franz, Barbara Ehrenreich, Yogi Berra, Rosanne Cash, and Ice-T, as well as those who lost parents to the Oklahoma City bombing, the World Trade Center bombings, drunk driving, and more.

From the bestselling author of "Motherless Daughters" comes the real-life story of one woman's search for a cure to her family's escalating troubles, and the leap of faith that took her on a journey to an exotic place and a new state of mind.

SHORTLISTED FOR THE WAINWRIGHT PRIZE 'There is so much richly evoked life here... beautifully written.' Cathy Rentzenbrink, *The Times* 'This redemptive memoir will steal your heart; it will return it bruised but emboldened.' *Mail on Sunday* 'Beautifully written...I love this book.' India Knight 'Compelling and candid, deftly weaving together past and present... a heart-wrenching story told in haunting, lyrical prose.' *Tatler* 'I have huge admiration for the spirit of this memoir, and its author: full of heart, bravery and

adventure. A moving, gripping read.' Amy Liptrot, author of *The Outrun* Clover Stroud grew up in rural Wiltshire surrounded by animals and family. When she was just sixteen her adored mother had a horrific riding accident which left her permanently brain-damaged, and suddenly Clover was left to fend for herself. She embarked on an extraordinary journey to heal her broken heart, courting men and danger through two marriages and five children. *The Wild Other* is a grippingly honest account of love, sex and travelling to the darkest edges of human experience and back again. Powerful and deeply emotional, this is the story of an extraordinary life lived at its fullest.

Motherless Daughters examines the profound effects of the loss of a mother on a woman's identity, personality and life choices, both immediately and as her life goes on. Hope Edelman, who lost her mother at seventeen, searched for a book like this, and when Hope Edelman, author of the New York Times bestseller *Motherless Daughters*, became a parent, she found herself revisiting the loss of her mother in ways she had never anticipated. Now the mother of two young girls, Edelman set out to learn how the loss of a mother to death or abandonment can affect the ways women raise their own children. In *Motherless Mothers*, Edelman uses her own story as a prism to reveal the unique anxieties and desires that these women experience as they raise their children without the help of a living maternal guide. In an impeccably researched, luminously written book enriched by the voices of the mothers themselves—and filled with practical insight and advice from experienced professionals—she examines their parenting choices, their triumphs, and their fears, and offers motherless mothers the guidance and support they want and need.

How is life now that mom is gone? How are you getting by? Have you been able to move forward and are you the best version of yourself? Is her memory alive and well? How have your relationships with family turned out? If you had blame or guilt, have you handled forgiveness in a healthy way? If you're anything like me, you may feel that life has really robbed you of so much love and possibility by taking your mom away prematurely. Are you brave enough to dig deeper to find peace again? Are you one of the strong, brave women who desires to go inward to heal, forgive, and live a successful life filled with fulfillment and gratitude? These guided insights will help examine your relationship with your mom, discover forgotten memories of her death, embrace her teachings, and learn to accept apologies and practice forgiveness in order to keep her alive. If you're willing to dig deeper to truly heal from losing your mom, then come take the journey! This is a powerful read for those that haven't lost their moms yet, too. Mothers are finding that the insights and "dig deepers" provide them with things to ponder while they're still alive. There are many stories that may encourage conversations before it's too late. Daughters can learn from my personal experience to embrace emotions, confront feelings and learn from my mistakes before unforeseen loss happens. Thank you very much for sharing your feedback by reviewing on Amazon after reading so more people can forgive, heal and keep mom's memory alive!

Letters from *Motherless Daughters* is a compilation of the letters Hope Edelman

received in response to her groundbreaking New York Times—bestseller, *Motherless Daughters*. Reaffirming her precious link with motherless women across the country, Edelman presents these moving, honest, and often hopeful letters alongside her own insight to offer readers the opportunity to further learn from loss. The words of these brave women illustrate the profound pain, astounding strength, and undying perseverance of living through the loss of one's mother without ever outliving the need for her. Edelman has added a new introduction and new letters, tailoring this important book to a new generation. *When Mom Dies: A Daughter's Unique Guide to Help Heal Grieving Hearts Today* is a powerful and compassionate book filled with practical advice and encouragement for any and everyone who has lost their Mother. From the experience of dealing with day one of Mom's death to breaking through extreme grief and sorrow when your Mother is your best friend, the author has penned a valuable, quick-read book that shares useful tips and offers valuable wisdom for coping with the loss of a Mother. **WHEN MOM DIES INCLUDES CHAPTERS ON:??* What To Do When Mom Dies??* 12 Simple Things You Can Do Right Now to Feel Better?* 31 Ideas to Encourage Your Healing Heart?* Helpful Resources to Consider?* The #1 Way You Can Honor Your Mother's Life & Legacy"** *WHEN MOM DIES* delivers love, strength and compassion for our hearts -- for years to come." - FROM THE PREFACE

Elaine Mallon is not an expert on grief. She's someone who lost her mother suddenly and unexpectedly. She knows the magnitude of this heartbreak firsthand. Devastated and unprepared for how life-changing and painful processing the loss would be, she found herself wondering: "Where's the manual?" and "How do I do this?" Like a compassionate friend, Mallon captures the raw, universal pain of losing your mother with empathy, honesty and eloquence. She tenderly walks the reader through each step of the grieving process, offering straightforward answers to many common questions and addressing fears faced by those grieving, as well. This is a must-read, essential guidebook for anyone uncertain about what to do or where to turn after their mother's loss. For those hoping to help a loved one through grief, this book also offers direction on how to comfort someone who is grieving by explaining what they are going through and how to be most helpful to them. If you've lost your mother, please know this: If you're grieving, you're healing - and you are not alone.

Hope Edelman's *MOTHERLESS DAUGHTERS* drew on her own experience of losing her mother at seventeen. Now a mother herself, she considers how her mother's absence has shaped her seven years of parenting. Through interviews, anecdotes and psychological

'Absolutely arresting. A story shaped by contemporary social inequalities, their chilling consequences and, above all, the powerful, life-affirming love of women for their own and other people's children.' Zoã Morrison, author of *Music and Freedom* Neve Ayres has always been so careful. Since her mother's death

when Neve was seven, she's learned to look after herself and to keep her cards close. But now her deliberately constructed world has collapsed: her partner's left her when she was eight months pregnant. And so, alone with her newborn son, she's retreated to her cliff-top holiday house in coastal Flinders. There, another child comes into her life. The first time Neve sees Jessie, the small girl is playing on an empty stretch of beach. On the cold autumn day, she is bare-legged and alone, while her mother is distracted by her own troubles. At once, almost despite herself, Neve is intrigued and concerned, and Jessie is drawn to Neve's kindness - and to her home. To Neve's surprise, Jessie becomes an unlikely source of much needed care for her and her baby. Having been lost in the sleepless haze of new motherhood, Neve is touched, and finds herself grappling with how to best help the forgotten girl. She has the spacious house, the full pantry, the resources . . . But how much can you - should you - do for a stranger's child? Beautifully written and emotionally compelling, *The Lone Child* is about parenting and judgement, loss and love. From the acclaimed author of *What Came Before*, this is a gripping, atmospheric novel that explores how the desire to mother, and to be mothered, can be overwhelmingly seductive. 'Absorbing and poignant, written with tenderness and insight, *The Lone Child* explores the formidable bonds between mother and child.' Sara Foster, author of *The Hidden Hours* 'A sensitive evocation of the sometimes dark and disorienting nature of motherhood, George's haunting tale reminds us of the redemptive power of human connection.' Wendy James, author of *The Golden Child*

A decade after twelve-year-old Jessica loses her mother, Dianne, to cancer complications, she finds herself curious about Dianne's mysterious youth. Armed with a journalism degree, Jessica sets out on a quest to find two of Dianne's former lovers, an old ballroom dance partner and a Vietnam war hero, along with anyone else who can tell her about Dianne. *The Butterfly Groove* features Jessica's journalistic approach complemented by reimagined portions of Dianne's life. Part mystery, part coming-of-age story across decades, this memoir is a heartwarming exploration of how our pasts tell our truths, and how love survives us all.

Ask any woman whose mother has died, and she will tell you that she is irrevocably altered, as deeply changed by her mother's death as she was by her mother's life. Although a mother's mortality is inevitable, no book had discussed the profound, lasting, and far-reaching effects of this loss--until *Motherless Daughters*, which became an instant classic. Twenty years later, it is still the book that women of all ages look to for comfort and understanding when their mothers die, and the book that they continue to press into each other's hands. Building on interviews with hundreds of mother-loss survivors, the author's personal story of losing her mother, recent research in grief and psychology, and with a new afterword exploring how the legacy of mother loss shifts with the passage of time, *Motherless Daughters* reveals the shared experiences and core identity issues of motherless women: Why the absence of a nurturing hand shapes a woman's identity throughout her lifespan How present-day relationships are defined by past losses How a woman can resolve past conflicts and move toward acceptance

and healing What grief really is: not a linear passage, but an ongoing cyclical journey To tell you how to use this workbook would be like giving you instructions on how to grieve. Impossible. The only thing we know for sure is that no two people will approach this work in the same way. If there's one thing you should remember as you begin this process, it is this: You are not alone. With that knowledge, you've already begun to heal. --from A Mother Loss Workbook Inspired by Hope Edelman's bestselling Motherless Daughters, authors Diane Hambrook and Gail Eisenberg have created a sensitive, accessible workbook for women suffering the wounds of early mother loss. A Mother Loss Workbook is designed to help the motherless daughter tell the story she needs to tell--her story. Its varied exercises, open-ended questions, writing topics, and activities, drawn from Hambrook's years of work with motherless daughters, provide both careful direction and generous room for self-expression. This book is a safe place where no one will judge a woman, where the work she must do can be done in her own time, at her own pace, and at any stage of mourning. A Mother Loss Workbook is an ideal supplement for personal therapy and support groups, but it is an important--and perhaps the only--tool for women just starting their journey or who are hesitant to go public with their feelings. Whether a woman uses it privately or shares it with a group, no matter how long it's been since her mother died, A Mother Loss Workbook will guide her toward fully understanding her loss and taking charge of her future.

Motherless Daughters The Legacy of Loss, 20th Anniversary Edition Da Capo Lifelong Books

Anger is a poison ivy in the heart and if it grows unchecked, it covers all the soft spaces where you love and understand and feel joy. There's power in anger, sure, a power that can help you survive. But true wisdom is in knowing when to let it go. In *Still Waters*, Jennifer Lauck continues the riveting true story begun in her critically acclaimed memoir, *Blackbird*. Clutching her pink trunk filled with secret treasures, the last relics of a lost childhood, twelve-year-old Jenny steps off a bus in Reno and straight into the wide-open future, where no path is certain except that of her own heart.... Separated from her brother, Bryan, and passed from caretaker to caretaker, Jenny endures as she always has: by following the inner compass of the survivor. But when Bryan chooses a shocking, tragic destiny, Jenny must at last confront the secrets, lies, and loneliness that have held her prisoner for years. Embarking on a search for answers, the adult Jenny discovers that the past cannot be locked away forever -- even when unraveling one's own anger and pain seems an impossible feat. Now, in the warmth and understanding of her marriage, in the eyes of her child, and in powerful conversations with a dynamic young priest, Jennifer finds her own miracles. A hardened heart learns to love. A damaged soul finds peace. And life, once merely a matter of survival, becomes rich with the joys of truly living.

This book is part memoir and a compilation of stories about women whose mothers have passed away. It brings hope and healing to those who are grieving, based on God's promises in the Bible.

Parentless Parents is the first book to show how the absence of grandparents impacts everything about the way mothers and fathers raise their children--from everyday parenting decisions to the relationships they have with their spouses and in-laws. For the first time in U.S. history, as the average age of women giving birth has increased significantly, millions of children are at risk of having fewer years with their

grandparents than ever before. How has this substantial shift affected parents and kids? Journalist, award-winning television producer, and parentless parent Allison Gilbert has polled and studied more than 1,300 parentless parents from across the United States and a dozen other countries to find out. Through her pioneering research, Gilbert not only shares her own story and the significant and poignant effect that this trend has had on her and hundreds of other families, but also the myriad ways these mothers and fathers have learned to keep the memory of their parents alive for their children, and to find the support and understanding they need.

A mother's advice to her daughter--a guide to daily living, both practical and sublime--with full-color illustrations throughout. One sleepless night while she was in her early twenties, illustrator/writer Hallie Bateman had a painful realization: her mom would die, and after she died she would be gone. The prospect was devastating, and also scary--how would she navigate the world without the person who gave her life? She thought about all the motherly advice she would miss--advice that could help her through the challenges to come, including the ordeal of losing a parent. The next day, Hallie asked her mother, writer Suzy Hopkins, to record step-by-step instructions for her to follow in the event of her mom's death. The list began: "Pour yourself a stiff glass of whiskey and make some fajitas" and continued from there, walking Hallie through the days, months, and years of life after loss, with motherly guidance and support, addressing issues great and small--from choosing a life partner to baking a quiche. The project became a way for mother and daughter to connect with humor, openness, and gratitude. It led to this book. Combining Suzy's wit and heartfelt advice with Hallie's quirky and colorful style, *What to Do When I'm Gone* is the illustrated instruction manual for getting through life without one's mom. It's also a poignant look at loss, love, and taking things one moment at a time. By turns whimsical, funny, touching, and above all pragmatic, it will leave readers laughing and teary-eyed. And it will spur conversations that enrich family members' understanding of one another.

A validating new approach to the long-term grieving process that explains why we feel "stuck," why that's normal, and how shifting our perception of grief can help us grow—from the New York Times bestselling author of *Motherless Daughters* "This is perhaps one of the most important books about grief ever written. It finally dispels the myth that we are all supposed to get over the death of a loved one."—Claire Bidwell Smith, author of *Anxiety: The Missing Stage of Grief Aren't you over it yet?* Anyone who has experienced a major loss in their past knows this question. We've spent years fielding versions of it, both explicit and implied, from family, colleagues, acquaintances, and friends. We recognize the subtle cues—the slight eyebrow lift, the soft, startled "Oh! That long ago?"—from those who wonder how an event so far in the past can still occupy so much precious mental and emotional real estate. Because of the common but false assumption that grief should be time-limited, too many of us believe we're grieving "wrong" when sadness suddenly resurges sometimes months or even years after a loss. *The AfterGrief* explains that the death of a loved one isn't something most of us get over, get past, put down, or move beyond. Grief is not an emotion to pass through on the way to "feeling better." Instead, grief is in constant motion; it is tidal, easily and often reactivated by memories and sensory events, and is re-triggered as we experience life transitions, anniversaries, and other losses. Whether we want it to or not, grief gets folded into our developing identities, where it informs our thoughts,

hopes, expectations, behaviors, and fears, and we inevitably carry it forward into everything that follows. Drawing on her own encounters with the ripple effects of early loss, as well as on interviews with dozens of researchers, therapists, and regular people who've been bereaved, New York Times bestselling author Hope Edelman offers profound advice for reassessing loss and adjusting the stories we tell ourselves about its impact on our identities. With guidance for reframing a story of loss, finding equilibrium within it, and even experiencing renewed growth and purpose in its wake, she demonstrates that though grief is a lifelong process, it doesn't have to be a lifelong struggle.

What do you do when you lose someone you love? What do you do when that someone is your mother? There is no correct answer to that question and somehow our natural instincts kick in and we find a way to go on. The thing about grieving is that nobody can tell you how to grieve. There is no right or wrong way and words, although they sometimes help, may never be enough. After losing my 48 year old mother when I was just 24 years old, I have found a way to live creatively with a bruised and broken heart and I hope my story will inspire you to do the same. In this book I will share my journey through life, love, loss, hope, and a reason to believe that even after losing someone we love tremendously, Life Still Goes On.

A companion workbook to the bereavement classic.

The classic New York Times bestseller that has helped millions of women cope with and heal from the grief of losing their mothers Although a mother's mortality is inevitable no book has discussed the profound lasting and far reaching effects of this loss until Motherless Daughters, which became an instant classic. More than twenty years later, it is still the go-to book that women of all ages look to for comfort, help, and understanding when their mother dies. Building on interviews with hundreds of mother loss survivors, Edelman's personal story of losing her mother, and recent research in grief and psychology, Motherless Daughters reveals the shared experiences and core identity issues of motherless women: Why the absence of a nurturing hand shapes a woman's identity throughout her lifespan How present day relationships are defined by past losses How a woman can resolve past conflicts and move toward acceptance and healing Why grief really is not a linear passage but an ongoing cyclical journey How the legacy of mother loss shifts with the passage of time

In her acclaimed New York Times bestseller, Motherless Daughters, Hope Edelman explored the profound and lasting effects of mother loss, as well as her own search for healing. Now, in her compelling new work, Edelman explores another complex, life-changing relationship, the intricate bond between generations. Drawing from her own experience and the recollections of over seventy other granddaughters, Edelman explores the three-generation triangle from which women develop their female identities: the grandmother-mother-daughter relationship. With eloquent personal testimony, she demonstrates the vital roles grandmothers have played in their granddaughters' lives, as a source of unconditional love, family values and traditions, and backup parent, the ultimate safety net. Here are grandmothers in all their glory: The "Benevolent Manipulator", whose love for her family is matched only by her desire for control; The "Gentle Giant", awesome, respected, who possesses a quiet, behind-the-scenes power; The "Autocrat", who rules her extended family like a despot; The "Kinkeeper", the family hub, who offers a sense of cohesion to the extended clan. With

insight and compassion, Edelman probes this unique and emotionally-charged relationship in a book that is a true celebration of an extraordinary bond--and a must read for every woman.

Passed and Present is a one-of-a-kind guide for discovering creative and meaningful ways to keep the memory of loved ones alive. Inspiring and imaginative, this bona fide "how-to" manual teaches us how to remember those we miss most, no matter how long they've been gone. Passed and Present is not about sadness and grieving. It is about happiness and remembering. It is possible to look forward, to live a rich and joyful life, while keeping the memory of loved ones alive. This much-needed, easy-to-use roadmap shares 85 imaginative ways to celebrate and honor family and friends we never want to forget. Chapter topics include: Repurpose With Purpose: Ideas for transforming objects and heirlooms. Discover ways to reimagine photographs, jewelry, clothing, letters, recipes, and virtually any inherited item or memento. Use Technology: Strategies for your daily, digital life. Opportunities for using computers, scanners, printers, apps, mobile devices, and websites. Not Just Holidays: Tips for remembrance any time of year, day or night, whenever you feel that pull, be it a loved one's birthday, an anniversary, or just a moment when a memory catches you by surprise. Monthly Guide: Christmas, Thanksgiving, Mother's Day, Father's Day, and other special times of year present unique challenges and opportunities. This chapter provides exciting ideas for making the most of them while keeping your loved one's memory alive. Places to Go: Destinations around the world where reflecting and honoring loved ones is a communal activity. This concept is called Commemorative Travel. Also included are suggestions for incorporating aspects of these foreign traditions into your practices at home. Being proactive about remembering loved ones has a powerful and unexpected benefit: it can make you happier. The more we incorporate memories into our year-round lives as opposed to sectioning them off to a particular time of year, the more we can embrace the people who have passed, and all that's good and fulfilling in our present. With beautiful illustrations throughout by artist Jennifer Orkin Lewis, Passed and Present also includes an introduction by Hope Edelman, bestselling author of Motherless Daughters.

At eighteen years old, with no high school diploma, a growing rap sheet, and a failed relationship with his estranged father, Timothy J. Hillegonds took a one-way flight from Chicago to Colorado in hopes of leaving his mounting rage and frustration behind. His plan was simple: snowboard, hang out, live an uncomplicated life. The Distance Between chronicles how Hillegonds's plan went awry after he immediately jumped head first into a turbulent relationship with April, a Denny's coworker and single mother. At once passionate and volatile, their relationship was fueled by vodka, crystal methamphetamine, and poverty—and it sometimes became violent. Mere months after moving to the mountains, when the stakes felt like they couldn't be higher, Hillegonds learned April was pregnant with his child. More than just a harrowing story of addiction and abuse or a simple mea culpa, The Distance Between is a finely wrought exploration of, and reckoning with, absent fathers, fatherhood, violence, adolescent rage, white male privilege, and Hillegonds's own toxic masculinity. With nuance and urgency, The Distance Between takes readers through the grit of life on the margins while grappling with the problematic nature of one man's existence.

A powerful and searingly honest memoir about a young woman who loses her family

but finds herself in the process. In this astonishing debut, Claire Bidwell Smith, an only child, is just fourteen years old when both of her charismatic parents are diagnosed with cancer. What follows is a coming-of-age story that is both heartbreaking and exhilarating. As Claire hurtles towards loss she throws herself at anything she thinks might help her cope with the weight of this harsh reality: boys, alcohol, traveling, and the anonymity of cities like New York and Los Angeles. By the time she is twenty-five years old they are both gone and Claire is very much alone in the world. Claire's story is less of a tragic tale and more of a remarkable lesson on how to overcome some of life's greatest hardships. Written with suspense and style, and bursting with love and adventure, *The Rules of Inheritance* vividly captures the deep grief and surprising light of a young woman forging ahead on a journey of loss that humbled, strengthened, and ultimately healed her.

Coping With Loss The grieving process: Ty Alexander of *Gorgeous in Grey* is one of the top bloggers today. She has a tremendous personal connection with her readers. This is never more apparent than when she speaks about her mother. The pain of loss is universal. Yet, we all grieve differently. For Alexander, the grieving process is one that she lives with day-to-day. Learning from her pain, Alexander connects with her readers on a deeply emotional level in her debut book, *Things I Wish I Knew before My Mom Died: Coping with Loss Every Day*. From grief counseling to sharing insightful true stories, Alexander offers comfort, reassurance, and hope in the face of sorrow. Coping with loss: In her early 20's reality smacked Ty in the face. She was ill equipped to deal with the emotional and intellectual rollercoaster of dealing with her mom's illness.

Through her own trial and error, she found a way to be a caregiver, patient advocate, researcher, and a grieving daughter. She wrote *Things I Wish I Knew before My Mom Died: Coping with Loss Every Day* to help others find the "best" way to cope and move on, however one personally decides what that means. Mourning and remembrance: In the chapters of this soul-touching book, mourners will find meaning and wisdom in grieving and the love that will always remain. Each chapter is a study and lesson in coping with loss: • Chapter 1: We've been duped, everyone dies! • Chapter 2: The truth about my moderately dysfunctional family • Chapter 3: The Art Of Losing • Chapter 4: The how of grieving • Chapter 5: How to be obsessively grateful • Chapter 6: Dear Mama

Have you ever felt like the pain from losing your mom was breaking you down emotionally, mentally, physically, and spiritually? Have you ever felt like nobody really understands your pain? Do you need to reclaim your power over the pain and live again? If you are one of the many individuals who have lost their mom, you'll find keys for strength and healing in this book. This inspirational book will empower you to move forward, even in the face of pain. If you are ready to take back control of your life, don't wait another minute! About The Author: Dr.

Shauntel Peak-Jimenez is an Author, Certified Life Coach, Certified Business Coach, and a Certified Life Coach Trainer. She is also a nurse, and she has earned a Bachelor of Arts in Psychology, a Master of Arts in Biblical Studies, and a Doctorate in Christian Counseling. She is currently pursuing a Doctorate in Philosophy, with an emphasis in Holistic Life Coaching. After unexpectedly losing her mother in 2001 she faced many emotional challenges, but through faith,

family, and friends, she found the courage and strength to rise higher than her pain. She is dedicated to being a source of encouragement and inspiration for others. Through her life experience she knows that "what didn't tear us down can build us up."

Ask any woman whose mother has died, and she will tell you that she is irrevocably altered, as deeply changed by her mother's death as she was by her mother's life. Although a mother's mortality is inevitable, no book had discussed the profound, lasting and far-reaching effects of this loss - until *Motherless Daughters*, which became an instant classic. Over twenty years later, it is still the book that women of all ages look to for comfort and understanding when their mothers die, and the book that they continue to pass into each other's hands. Building on interviews with hundreds of mother-loss survivors, the author's personal story of losing her mother and recent research in grief and psychology, *Motherless Daughters* reveals the shared experiences and core identity issues of motherless women. * * * * * 'Motherless Daughters is a timeless source of consolation and information for all who grieve the death of their mother. It highlights that we bear this loss by remembering, not forgetting our mother.' JULIA SAMUEL, author of *Grief Works* 'Anyone who has lost their mother should read this remarkable, tender book, full of insight and consolation. This is one of those exceptional books that has the power to change your life.' CLOVER STROUD, author of *The Wild Other* 'Nothing has helped me make more sense of myself than *Motherless Daughters*; it's the book I go back to again and again, and find something new in it every time.' DECCA AITKENHEAD 'Intelligent, brave, consoling and wise . . . an essential and illuminating must-read for anyone who has lost a mother or loves someone who did.' CHERYL STRAYED, author of *Wild* 'This book has helped me heal my heart. Finding myself in the stories of other motherless daughters let me know I was not alone. If you have lost your mom - this book is essential.' ROSIE O'DONNELL 'Absorbing . . . insightful . . . a moving and valuable treatment of a neglected subject.' NEW YORK TIMES BOOK REVIEW

Kate Spencer lost her mom to cancer when she was 27. In *The Dead Moms Club*, she walks readers through her experience of stumbling through grief and loss, and helps them to get through it, too. This isn't a weepy, sentimental story, but rather a frank, up-front look at what it means to go through gruesome grief and come out on the other side. An empathetic read, *The Dead Moms Club* covers how losing her mother changed nearly everything in her life: both men and women readers who have lost parents or experienced grief of this magnitude will be comforted and consoled. Spencer even concludes each chapter with a cheeky but useful tip for readers (like the "It's None of Your Business Card" to copy and hand out to nosy strangers asking about your passed loved one). "Morbid and illuminating" (*Entertainment Weekly*)—a young mortician goes behind the scenes of her curious profession. Armed with a degree in medieval history and a flair for the macabre, Caitlin Doughty took a job at a crematory and turned

morbid curiosity into her life's work. She cared for bodies of every color, shape, and affliction, and became an intrepid explorer in the world of the dead. In this best-selling memoir, brimming with gallows humor and vivid characters, she marvels at the gruesome history of undertaking and relates her unique coming-of-age story with bold curiosity and mordant wit. By turns hilarious, dark, and uplifting, *Smoke Gets in Your Eyes* reveals how the fear of dying warps our society and "will make you reconsider how our culture treats the dead" (San Francisco Chronicle).

National surveys, interviews, and portraits of high-profile men examine the way men deal with the death of their fathers, and offer advice on how men of any age can cope with their loss.

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