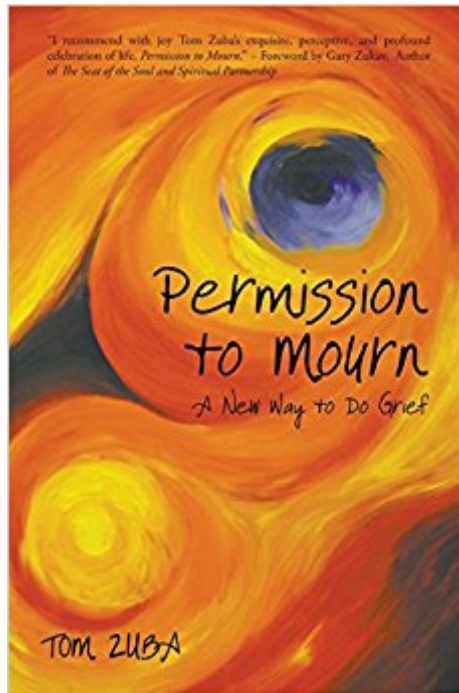




Ebook Directory
the best source of ebook

The book was found

Permission To Mourn: A New Way To Do Grief



Synopsis

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.

Book Information

Paperback: 121 pages

Publisher: Bish Press (November 13, 2014)

Language: English

ISBN-10: 1600475655

ISBN-13: 978-1600475658

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 227 customer reviews

Best Sellers Rank: #18,303 in Books (See Top 100 in Books) #9 in Books > Literature & Fiction > Poetry > Themes & Styles > Death, Grief & Loss #45 in Books > Self-Help > Death & Grief > Grief & Bereavement #56 in Books > Self-Help > Relationships > Love & Loss

Customer Reviews

I highly 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*

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.

Thank You Tom!! I lost my love 6 months ago and have felt so many of the dark pit feelings. I have kept busy, trying to run away only to be forced back to face reality. I feel his spirit with me. I have watched butterflies land inches from me and one on his brother's shoulder. I felt him here. I know I will read this several times. I am blessed with children and grandchildren that say his name continually! Cathie Rundblade

In June, 2013 my sister died after complications from surgery. Eighteen hours later, my mom died in a nursing home after years of declining health. The bottom fell out of my world. Grief & guilt consumed me for months. I'm fortunate to live near Tom Zuba, and attended a workshop. Through that, and this wonderful book, I was able to move past the grief and mourn their deaths. I haven't moved on, but I continue to move forward and celebrate all the wonderful times we had together.

"The death of someone you love is meant to crack you open". When I read these words on Tom's blog, I knew I had to read more from him. That was in 2013. My 7 year old son died in June of 2012 and I had been struggling to find meaning in life and work through all that his death brought my way. When I read these words, I felt understood. That's exactly how I felt..."cracked open". My husband and I had the pleasure of working in person with Tom every week for 18 months. His experience, words and perspective transformed our journey. This book is gorgeously written, a salve for the hurting soul. This book gives permission to ask the fundamental questions of life. It also gently and poetically addresses many of the topics we wonder about as we learn to live with the death of a loved one. Tom has taken great sadness, great grief, great tragedy and turned it into unbelievable beauty within the pages of this book. This book is a gift to the mourning, a gift to humanity.

After reading so much on the topic and after listening to Tom Zuba I was hoping for so much more. This is a very basic book and actually I didn't get anything out of it. Tom continues to repeat the same mantra in the book. Since I too am grieving I was hoping for insight about how to deal with it and hopefully find a way thru. There are so many more books that have personally talked to me and this one wasn't one that did.

Where do I begin? Tom your amazing book Permission to Mourn A new way to do Grief has uplifted me beyond words. I lost my only child forever 39 yrs may 13 2013. Tom, you have taught me so many things. So sweet to my ears was God takes no one too soon but "right" on time. The old

beliefs I had were all wrong. .Another insert from your book " you are stronger than u think". "You have walked threw the fire already and can do it again, and again , and again.!. "This book is a must read for anyone who has lost a loved one particularly a child. Tom, you will never know what your sharing has done for me.. YOU amaze me.. If in doubt, I say this is the guide to Healing. I understand so much more more now than prior to reading this amazing , uplifting book!

What an absolutely wonderful book. It was recommended to me by my grief counselor. After losing my children in a tragic plane crash, my father and my fiancé' all within 15 months, then my cat Simon and little silky terrier, Olivia, I had not even been able to identify for whom I was grieving. Tom Zuba had experienced the tragic loss of a daughter, son and wife. I felt and identified with his pain and I finally felt somewhat normal and not so alone. I highly recommend this book for anyone dealing with grief. I needed that "permission to mourn" and now realize that grief and mourning are not just "cut and dried" emotions. Others have expectations of us that sometimes we are not ready to meet which just adds even more pressure for us to "get on with life". While we are all so very different in the ways and time we mourn, we are also so very much alike. Thank You Mr. Zuba for sharing your grief with us all. You have definitely touched my life.

I have followed Tom's Facebook page for about a year. Tonight, I read this book straight through. It validates all of the feelings and emotions and their depth that a person whose loved one has died deals with. It also gives us a way to look at those feelings and our loss and come away with a feeling of hope for a happy life in the future. Tom shows us that healing is possible and in our control. He is compassionate, down to earth and intelligent in his writing. I wish I had had this book for years. I will give it to others as they go through this journey.

[Download to continue reading...](#)

Permission to Mourn: A New Way to Do Grief GRIEF AND LOSS: THE FIVE STAGES OF GRIEF AND HEALING TECHNIQUES USED FOR SUPPORTING SOMEONE WHO JUST LOST A LOVE ONE (FREE EBOOK INSIDE) (Grief Recovery, ... Grief therapy, Grief counseling) Blackberry Season: A Time to Mourn, a Time to Heal Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner Grief and Loss: The Five Stages of Grief and Healing Techniques Used for Supporting Someone Who Just Lost a Love One Transforming Traumatic Grief: Six Steps to Move from Grief to Peace After the Sudden or Violent Death of a Loved One Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) On Grief and Grieving: Finding the Meaning of Grief Through the

Five Stages of Loss Permission to Slurp: The Insider's Guide to Tasting Specialty Coffee in Colombia Sorry, I Forgot to Ask!: My Story About Asking Permission and Making an Apology (Best Me I Can Be) Permission Marketing: Turning Strangers into Friends and Friends into Customers Danger Girl: Permission to Thrill Coloring Book The Permission Seeker's Guide Through the Legal Jungle, 2nd Edition The Copyright Permission and Libel Handbook: A Step-by-Step Guide for Writers, Editors, and Publishers Getting Permission: How to License & Clear Copyrighted Materials Online & Off By the People: Rebuilding Liberty Without Permission Forgiveness and Permission: The Ghost Bird Series: #4 (The Academy Ghost Bird Series) Conquest and Colonisation in North Africa: Being the Substance of a Series of Letters From Algeria Published in the "Times," and Now by Permission ... Recent French and Other Information on Moroc Caring for People God's Way: Personal and Emotional Issues, Addictions, Grief, and Trauma The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)