



## The Truth about Grief: The Myth of Its Five Stages and the New Science of Loss

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By Ruth Davis Konigsberg

Simon & Schuster. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.3in. x 5.4in. x 0.8in. The five stages of grief are so deeply imbedded in our culture that no American can escape them. Every time we experience loss a personal or national one we hear them recited: denial, anger, bargaining, depression, and acceptance. The stages are invoked to explain everything from how we will recover from the death of a loved one to a sudden environmental catastrophe or to the trading away of a basketball star. But the stunning fact is that there is no validity to the stages that were proposed by psychiatrist Elisabeth Kbler-Ross more than forty years ago. In *The Truth About Grief*, Ruth Davis Konigsberg shows how the five stages were based on no science but nonetheless became national myth. She explains that current research paints a completely different picture of how we actually grieve. It turns out people are pretty well programmed to get over loss. Grieving should not be a strictly regimented process, she argues; nor is the best remedy for pain always to examine it or express it at great length. The strength of Konigsberg's message is its liberating force: there is no manual to...



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-- **Joshua Gerhold PhD**

*A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.*

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