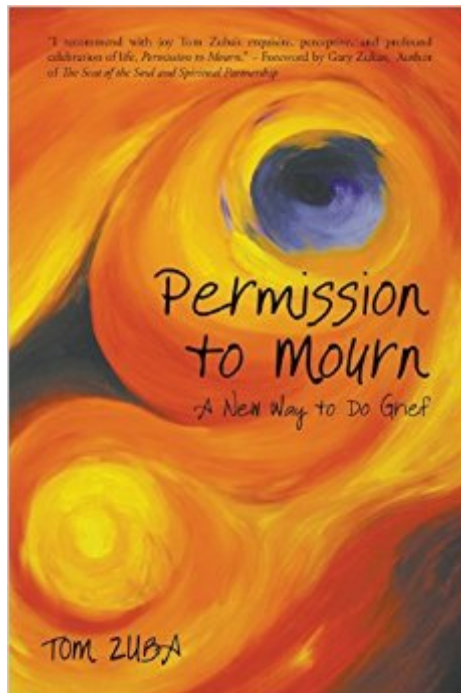


The book was found

# 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: 130 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: 4.8 out of 5 stars [See all reviews](#) (165 customer reviews)

Best Sellers Rank: #12,148 in Books (See Top 100 in Books) #2 in [Books > Literature & Fiction > Poetry > Themes & Styles > Death, Grief & Loss](#) #25 in [Books > Self-Help > Relationships > Love & Loss](#) #45 in [Books > Literature & Fiction > Poetry > Regional & Cultural > United States](#)

## Customer Reviews

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.

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.

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.

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

This is an amazing book that is helping me understand my grieving heart and mind. I've read many books on grieving after my husband died a month ago, however, this is the only one that helped me understand the multiple levels of my grief. The book also helped me with a paradigm shift regarding my husband's death and the wonderful memories he left for my comfort.

WONDERFUL book.... I have known this writer by his website for several years, and after both of my children have died, his words have helped so much. His immediate family deaths had given him such good insight into grief, I thought if he can survive and survive well, then I can too. His words, and depth of understanding are so inspiring and encouraging. The way the book is written, you can browse it and read as you can. In 'acute'/new grief, we can't begin to think about reading a book with chapter upon chapter of words. We are seeking some sort of peace, and encouragement the pain won't always be as bad. And, even years past that stage, the book HELPS us keep on a good

path. Great gift idea too, esp, for the newly grieving, instead of putting a check in a card and sending, the book will actually be helpful!

I so encourage anyone grieving to purchase Tom's book, because he has LIVED this....he KNOWS how it feels to mourn!! That is what caused me to search for him, and I am so thankful that I did. With help, I am FINALLY ready, after mourning the deaths of my brother, sister, niece, child, and my husband, in a short period of time.....to let go of the weight of carrying that grief around my neck. I want to move forward, I want to live again and help others live too. This book is an easy read....I'm re-reading it now, and have bought extras to pass out to others in need. Tom, you have my thanks for the rest of my life!!

Permission to Mourn is a book you will read over and over for it's powerful words. If you want to be on the path to healing from the death of a loved one, read this book. The words are simple but the message is deeply thought provoking. Following Tom's new way to do grief will inspire you to set the intention to heal and live the life you were meant to live. Thank you Tom Zuba!

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

Permission to Mourn: A New Way to Do Grief On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss We Are What We Mourn: The Contemporary English-Canadian Elegy The Permission Society: How the Ruling Class Turns Our Freedoms into Privileges and What We Can Do About It Permission Marketing: Turning Strangers into Friends and Friends into Customers Permission Marketing Without Their Permission: How the 21st Century Will Be Made, Not Managed Journey to a New Beginning after Loss: Freedom from the Pain of Grief and Disappointment (Journey to Freedom) Portraits: 9/11/01: The Collected "Portraits of Grief" from The New York Times New Zealand: New Zealand Travel Guide: 101 Coolest Things to Do in New Zealand (New Zealand Travel Guide, Backpacking New Zealand, Budget Travel New ... Wellington, Queenstown, Christchurch) The Book of Not So Common Prayer: A New Way to Pray, A New Way to Live Good Grief For Kids Reality, Grief, Hope: Three Urgent Prophetic Tasks Good Grief: 50th Anniversary Edition Grief: Contemporary Theory and the Practice of Ministry A Grief Observed Six Steps for Managing Loss: A Catholic Guide Through Grief Mourning Journey: Spiritual Guidance for Facing Grief, Death and Loss Harsh Grief, Gentle Hope Overcoming Grief and Trauma - A Short-term Structured Model: Strategic Pastoral Counseling Resources

[Dmca](#)