

"Simply the best book I have ever read on the process of grief.  
Simultaneously heart-wrenching and uplifting."  
— Ira Israel, *The Huffington Post*

# Bearing *the* Unbearable

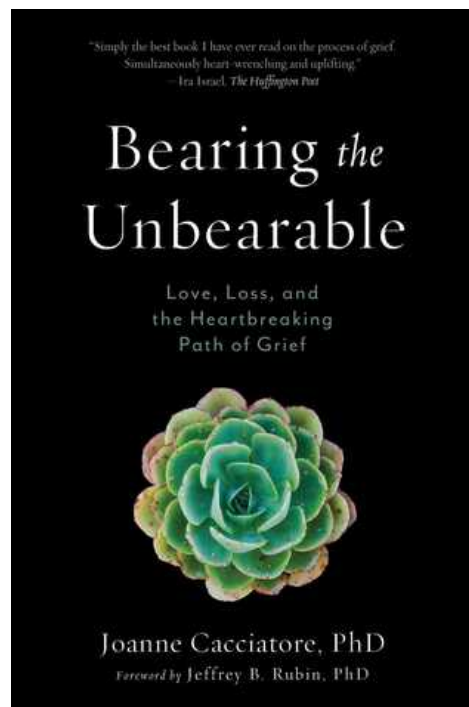
Love, Loss, and  
the Heartbreaking  
Path of Grief



Joanne Cacciatore, PhD

*Foreword by Jeffrey B. Rubin, PhD*

## \* Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief \*



### Books Details

Author : Joanne Cacciatore Pages : 248 pages Publisher : Wisdom Publications  
Language : ISBN-10 : 1614292965 ISBN-13 : 9781614292968

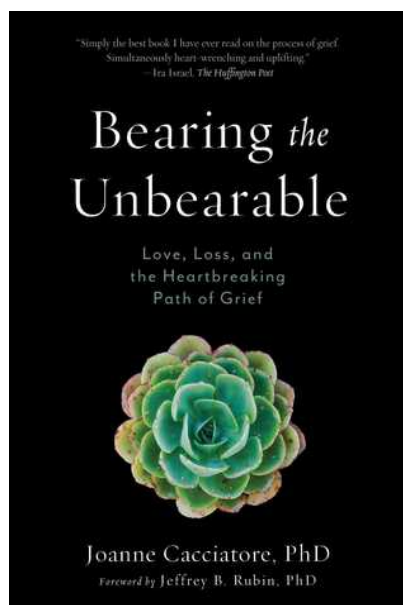
### Books Descriptions

If you love, you will grieve?and nothing is more mysteriously central to becoming fully human.?Foreword INDIES Award-Winner ? Gold Medal for Self-Help When a loved one dies, the pain of loss can feel unbearable?especially in the case of a traumatizing death that leaves us shouting, ?NO!?' with every fiber of our body. The process of grieving can feel wild and nonlinear?and often lasts for much longer than other people, the nonbereaved, tell us it should. Organized into fifty-two short chapters, *Bearing the Unbearable* is a companion for life?s most difficult times, revealing how grief can open our hearts to

connection, compassion, and the very essence of our shared humanity. Dr. Joanne Cacciatore, bereavement educator, researcher, Zen priest, and leading counselor in the field, accompanies us along the heartbreaking path of love, loss, and grief. Through moving stories of her encounters with grief over decades of supporting individuals, families, and communities, as well as her own



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