

Grief, by its very nature, is overwhelming. And, many people accept that there are established stages of grief: anger, denial, bargaining, and acceptance. Sometimes the grief stricken will attempt to plod through these stages with a sense of determination, hoping for a feeling of control during a time that feels totally out of control. Unfortunately, the stages are not linear, nor are they predictable. Grief cannot be rushed. Grief takes its own leisurely and excruciating time. It cannot be gotten around; it must be gotten through. In this book, award-winning author Spike Gillespie and author Katherine Tanney present a series of essays written by those who have been devastated by grief and have found a way through to the other side. From the loss of a loved one to death, to divorce, job loss, and even unexpected sources of grief, Gillespie and other essayists describe their initial feelings of helplessness, their attempts to push through the stages of grief, and the things that gave them comfort and solace along the way.

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And, many people accept that there are established stages of grief: anger, denial, Sometimes the grief stricken will attempt to plod through these stages with a. Buy *Stricken: The 5, Stages of Grief* by Spike Gillespie and Katherine Tanney Editors Gillespie and Tanney give the reader a look into the face of grief. Stricken: The Stages of Grief Spike Gillespie and Katherine Tanney Dalton Publishing () ISBN Reviewed by Carol.

Her latest project is Stricken: The Stages of Grief, an anthology of essays she co-edited, to be published in Evacuees. The man and woman at my. Dalton Publishing releases Stricken: The 5, Stages of Grief, an anthology edited by award-winning authors, Spike Gillespie and Katherine.

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