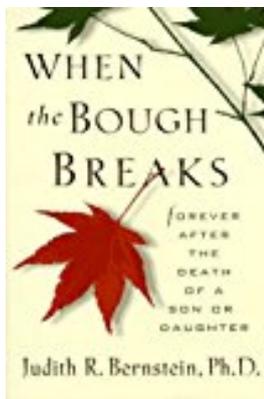


# [PDF] When The Bough Breaks: Forever After The Death Of A Son Or Daughter

Judith R., Ph.D. Bernstein - pdf download free book

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#### Books Details:

Title: When the Bough Breaks: Foreve  
Author: Judith R., Ph.D. Bernstein  
Released: 1997-04-01  
Language:  
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#### Description:

This is a "how-to" book one hopes to the Almighty one will never need. *When the Bough Breaks* takes a serious and sensitive look at how to cope with the loss of a child. Can one ever recover from such a loss? The author seems convinced we do not, but offers ways to rebuild our lives and recover our hope and our ability to go on with our lives and not have the death of a child turn into the death of

our own hearts.

**From** Bernstein argues that parents don't recover from the death of a child so much as they adapt to it, forever altering the way they think and act--often with negative consequences. To provide some understanding of this complex situation, she interviewed 55 parents whose children had died. This research, plus her own experiences (Bernstein's son died when he was 25), allows her to examine the various stages of grief, the mourning process, the effects on family and social relationships, and the emotional differences between facing a sudden death (such as a murder) and an anticipated death (such as a terminal illness). She also probes the different ways men and women tend to mourn. This can cause problems, especially when a husband's comparative reticence makes a wife believe that he's relatively unaffected by the death of their child. Compassionate and revealing, it should aid both mental-health professionals and parents dealing with this kind of devastating loss.

*Brian McCombie*

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