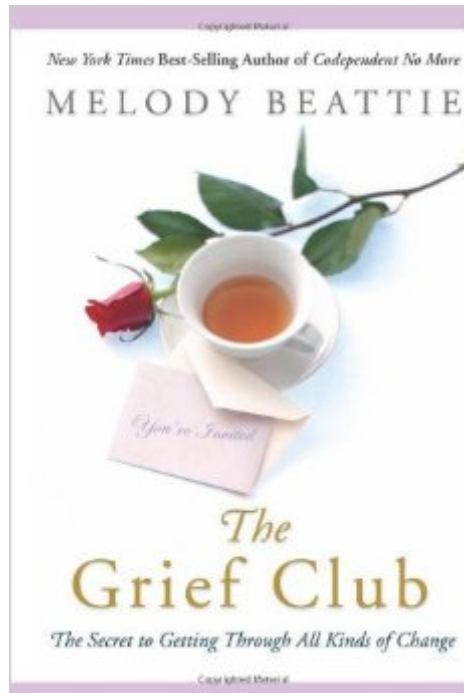


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The Grief Club: The Secret To Getting Through All Kinds Of Change



Synopsis

The Grief Club is Melody Beattie's profoundly personal, powerfully healing book to help readers through life's most difficult times. Part memoir, part self-help book, part journalism, The Grief Club is a book of stories bound together by the human experience of loss in its many forms such as death, divorce, drug addiction, and the tumultuous yet tender process of recovery. It's a book you need to read and share. Twenty years ago, *Codependent No More* established Melody Beattie as a pioneering voice in self-help literature and endeared her to readers who longed for healthier relationships. Over the years, Melody has invited readers into her life with several more best-selling books--each punctuated with her trademark candor and intuitive wisdom.

Book Information

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Language: English

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (60 customer reviews)

Best Sellers Rank: #103,927 in Books (See Top 100 in Books) #133 in [Books > Business & Money > Women & Business](#) #142 in [Books > Politics & Social Sciences > Sociology > Death](#) #143 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#)

Customer Reviews

Subtitled: *The Secret to Getting Through All Kinds of Change* The New York Times best-selling author of *Co-Dependent No More* has lived through many crises: becoming sober, living with an alcoholic, losing her son to an accident, getting Hepatitis C, having chronic back problems--and many other losses. So she isn't writing this from a "professional or clinical viewpoint." "Welcome to the club," someone might say to you (or at least think it) when you have something happen to you they have already experienced. You may see your life in the chapters on death, Alzheimer's, suicide, divorce, job loss, childhood grief, alcoholism, empty nest, and much more. "Did I do something to tick God off--so that I got to join one of those clubs," we might wonder. Beattie says, whether we believe it or not, life hasn't signaled us out for tragedy, and depersonalizing a loss helps us detach and lessen the pain. You won't catch trauma from a person grieving or in pain--and much

of her book is about seeking and offering help to those who are hurting--one-on-one or as part of a support group. The other day a woman told me her mother died seven weeks ago and now her friends are ready for her to be back to her old self. Obviously they are not a member of that club yet--or they'd be more understanding. Relative to grief, Bettie said, you either pay now or you pay later, and she said, "Once I cried for eight years." She explains radical faith (vs. simple faith: If I am good, only good things will happen to me). Radical faith means you can be good and still bad things will happen to you--and it's nobody's fault. Every chapter ended with statistics, such as 2.5 million Americans die every year, and of that, 45-50,000 are under 25.

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