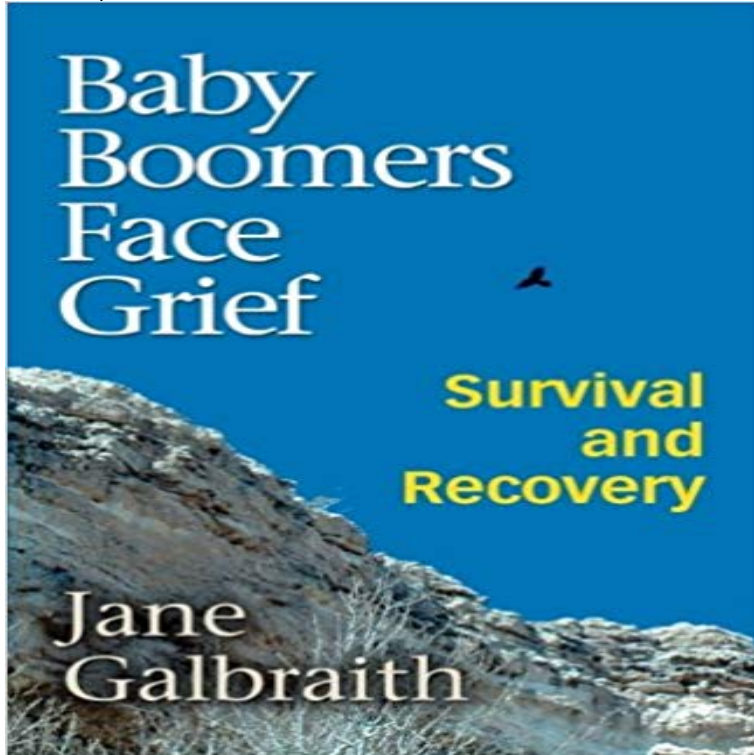


Baby Boomers Face Grief: Survival and Recovery



Ninety million baby boomers will, in the next 20 years, face the loss of one or both parents. This book discusses society's lack of acceptance of grief in general and the way past generations have taught us to deal with this life event. Time will heal. They had a good life are some examples of empty phrases so often used when dealing with loss. The reader is taken on a journey in this book by providing support and understanding of the grieving process. In this writer's opinion this generation, known as the baby boomers, through the sheer force of their numbers, has the ability to make positive changes in the way this and succeeding generations handle grief. The grieving process is explained; how it differs for all of us; that there is no right way to grieve and that the pain of grieving cannot be avoided. Suggestions are offered for managing grief. Ceremonies and rituals surround death and grieving is discussed and suggestions about how to structure a meaningful ceremony to honour loved ones are given. The book makes it clear that change can occur in our society, with this generation, that will allow people to manage grief in a constructive way; that sharing experience can allow others to be more prepared and more open in dealing with this life altering experience and that people can find comfort in knowing that others have had similar experiences. This book allows a glimpse into what we will all face and some strategies to cope with our loss, in an easy to read, personal narrative format. FORWARD BY Dennis Walker MSW Individuals facing bereavement differ in many significant ways. However, they often have in common the experience of isolation and of being unable to measure the normalcy of their loss. As a counselor it is important to be able to recommend a book that deals with the process of grief as a personal experience and which offers non-judgmental ways of measuring its impact on us. Framed in the cont

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