



Love and Grief: The Dilemma of Facing Love After Death

Catherine O'Neill, Lisa Keane

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'A welcome read for the lay person who has been bereaved and is now experiencing the difficulties of loving again.'

- British Journal of Social Work

'For someone who is wrestling with the dilemmas of a new relationship, this is a comforting read which presents the candid accounts of other bereaved partners.'

- British Journal of Social Work

'Love and Grief recognises both the emotional magnitude of losing an intimate relationship and the difficulties encountered when attempting to re-establish one with another individual. In keeping with the author's intention to produce a book of direct relevance to the bereaved partner, throughout, they adopt an easy-to-read, conversational style.'

- British Journal of Social Work

'Life consists of a series of events. Some appear to be pre-ordained and some are unpredictable. A curiously simple, yet complex twist of fate prompted [the authors] to seek out some of the most fundamental human questions; questions about the meaning of existence and its ultimate demise, about the nature of love, in all its presentations and disguises... and ultimately, what can be gained (if anything) through "loss". In "Love and Grief", [the authors] boldly step into a labyrinth of spiritual and emotional paradoxes, guiding us alongside [some] intensely personal journeys.'

- Annie Lennox

'What is it like when a partner dies? How can you cope after such a bereavement? Love and Grief is a book that is long overdue - it tackles the topic with compassion and insight and will be helpful both to bereaved partners and those who support them.'

- Susan Quilliam, Relationship Psychologist and Agony Aunt

'An honest and compassionate guide to the complex issues surrounding love after loss. It includes courageous personal accounts which offer insight into the often taboo subject of forming new intimate relationships following bereavement, and will be of great comfort.'

- Jackie Spreckley, Cruse Bereavement Care counsellor

'I feel this book fills an important gap in the literature of bereavement. Looking bravely at the often taboo topic of intimacy after bereavement, the authors capture the confusion of enjoying a new relationship while still feeling grief and even guilt. As this book draws on a wide variety of personal experiences, I believe that it will be of great value to the many who find themselves in this situation. They will realise they are not alone.'

- Denise Brady, St Christopher's Hospice

Love and Grief offers sympathetic support to adults who have lost a partner, helping them to explore the difficult and often painful process of forming new relationships.

Through a wide range of personal accounts and poems, the authors show how the challenges of grief and change are experienced and dealt with by the bereaved themselves, their new partners, and the respective families. They also consider the differences between men's and women's experiences of grief, and children's attitudes to new relationships. In particular, the authors highlight the way in which continuing attachments and social taboos can affect the process of recovery, and examine the rituals associated with death in different religions and in secular life.

Written in an honest and accessible way, Love and Grief provides comfort and guidance for anyone encountering relationship difficulties after losing a partner, and offers real insights for those working in the fields of bereavement and relationship counselling.

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