



# I Can't Stop Crying: It's So Hard When Someone You Love Dies

*John D. MartiN*

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"**I Can't Stop Crying** is a down-to-earth book for all those who think they are alone."  
Elisabeth Kubler-Ross, MD

The death of someone close -- a spouse or partner -- can result in overwhelming grief. At the same time, society unrealistically expects people to recover from grief as quickly as possible.

**I Can't Stop Crying** looks at grieving as a painful but necessary process. The authors emphasize the importance of giving yourself permission to grieve and suggest steps for rebuilding your life without your loved one. They also look at how such a loss affects your relationship with family and friends, as well as your lifestyle, work habits, and hopes for the future. A useful appendix lists bereavement groups and other self-help organizations you can contact for assistance.

There is no way to lessen or quicken the grieving process. Recovery is possible only by taking the time to work through your pain. This compassionate and sensible book will help you take the first steps down that road. It can, and should, be read by anyone who has experienced a significant loss.

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