



How to Survive the Loss of a Parent: A Guide For Adults

By Lois F. Akner

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Many people who usually function well are thrown for a loop when a parent dies. They're surprised at the complex feelings of love, loss, anger, and guilt, and at the unresolved issues that emerge. Therapist Lois Akner explains why the loss of a parent is different from other losses and, using examples from her experience, shows how it is possible to work through the grief.

Anyone who is going through or trying to prepare for this natural, normal, inevitable loss will find *How to Survive the Loss of a Parent* a powerful, healing message.

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Juan Hinkson:

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Florinda Redfern:

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