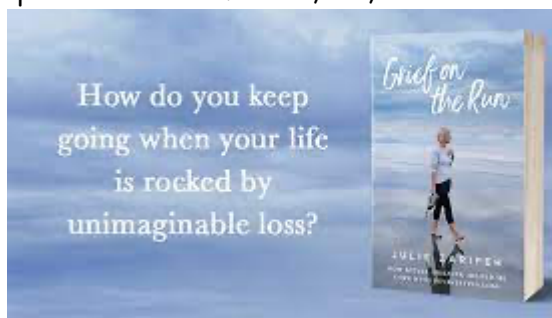


## Grief on the run by Julie Zarifeh

published Allen & Unwin, NZ, 2021 ISBN 9781988547367



Suit ages: Adult

How active grieving helped me cope with devastating loss writes the author.

What happens when your life is rocked by unimaginable loss and grief:

How do you survive and how do you keep going?

The Christchurch author shares the tragic story of her 27 year old son Sam, who died in a whitewater rafting accident just 16 days after her husband Paul had passed away with cancer in 2017.

How she and her two surviving children dealt with this double whammy is openly and honestly recorded

Julie's account of learning to live with grief is raw but inspirational as she embraced the idea of "active grieving"

\*\*\*An extra to this book review \*\*\*check out Julie speaking with Lucy Hone (both NZ mums, both psychologists, who have both suffered terrible grief) speaking on You Tube – [Accepting the good](#) Lucy Hone's book "Resilient grieving" is also listed here and in the TCF Newsletter August/September 2020.

Keren Marsh Whanganui TCF