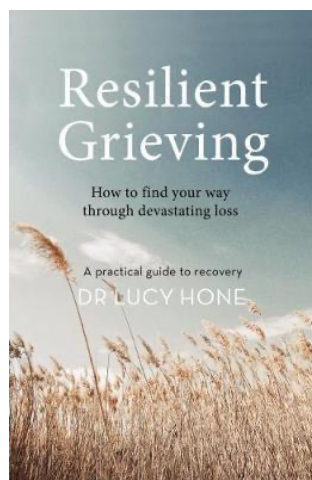


It's a funny old world This COVID 19. Yesterday (in 2020) I was sent to have a COVID test as I had been coughing for a while. I sat in the car in the sun for 2 hours, awaiting the test, reading/skimming a book I had picked up at the library

Resilient grieving by Dr. Lucy Hone. Published 2017 Allen & Unwin isbn 9781760296995



Suit ages: Adult

I thought I recognised the excellent material and read that it was formerly published under the title "**What Abi taught us**"

We have that book in our TCF Library and I think I probably reviewed it some years ago but here I go again.

Based on a lot of research and may be a wee bit heavy for some but it has some real gems that made me think a lot, plus some activities I plan to do personally and will share with our group.

Dr Hone, an NZ research academic (in the field of resilience and wellbeing psychology at Auckland AUT) lives in Christchurch and knows what we all know. Her beautiful 12 year old daughter Abi died in a car accident in 2014.

A practical guide to recovery: How to find your way through devastating loss - the cover says.

As we all know, we deal with death differently, we grieve differently and have our own coping mechanisms but I would recommend a skim through this title. Interestingly, she writes about TCF USA. She was on an online chat group for a while but it wasn't the right thing for her. Again we are all mindful of that. One chapter, Secondary Losses made me think rather sadly - these are the dreams, hopes, ambitions that have vanished with your child.

Last week we had an arborist pruning some trees in our yard and I suddenly thought today that the Simon branch of our family tree has been harshly pruned. I will never know any new shoots on his branch.

We in Whanganui have been locked down since March and restarted our Coffee in July with 11 attending. All pleased to be back. In August we celebrated a belated Mother's Day as we had missed it.

Oh the good news - The doctor has just rung to say I am COVID free but need some antibiotics !

***An extra to this book review ***check out Lucy speaking with Julie Zarifeh (both NZ mums, both psychologists, who have both suffered terrible grief) speaking on You Tube – [Accepting the good.](#) Julie's book **Grief on the run** is also reviewed here.

Keren Marsh The Compassionate Friends Whanganui August 2020