



Love Lives On: A Personal Insight into Understanding and Coping with Grief

Theresa Moloney

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Sharing the heartbreaking experience of losing both her parents within only days of each other, Theresa Moloney provides a candid insight into the emotional and practical issues surrounding bereavement. While acknowledging that grief is ultimately a personal journey, the author's own story acts as a backdrop against which those in a similar situation can identify its myriad feelings and physical manifestations as normal and necessary aspects of the difficult journey they must travel.

For anyone faced with the loss of a loved one, this courageous and unsparingly honest account of grief and its many guises is an important guide to understanding, coping and, at last, healing.

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