



How to Survive the Loss of a Love

Melba Colgrove , Harold H. Bloomfield

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Discusses the variety of reactions that people experience because of the loss of a love and provides numerous recommendations for coping with pain and achieving comfort.

How to Survive the Loss of a Love Details

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From Reader Review How to Survive the Loss of a Love for online ebook

Katie says

I'm not normally a big self-help reader. Not that I think there's anything wrong with reading self-help books or anything; they just aren't normally what I pick up off the shelf. However, I would absolutely recommend this book to anyone going through a serious (or even not so serious) loss. It was recommended to me by a dear friend, and I'm so thankful. The best thing I can say about this book is that as I read it, I kept thinking, "Yes. Yes! That is exactly how I'm feeling, but I just couldn't put words to it."

I laughed, I cried, I felt less like a crazy person.

April says

"If you have a physical injury you are hospitalized, friends bring flowers, relatives bring baskets of fruit, you lie in bed all day--nurses give backrubs--you are pampered.

If you have an emotional injury, you are expected to show up for work the next morning and be as efficient as ever. You must, in short, deal with a world that simply does not accept the fact that emotional pain hurts."

This is such a sad fact: no one understands the time needed to emotionally heal. It's a process.

I would recommend this book to anyone who has lost a loved one, been dumped, or had some really traumatic thing happen to them. If you feel pain about some love that you've lost, whether it be a job, pet, spouse, house or dream, read this book!

It will only take you about an hour if you read it the entire way through, but I wouldn't recommend doing it that way. Read as you heal.

Kristina says

Sometimes it is really good to go over stuff you already know when it's told to you in a friendly, non-judgmental manner.

lynn♥?lynn says

This book was recommended to me by a very special person.

It's a practical read, that at times I found very hard to read, because I found what it said so true. It really hits the mark, and just allows you to think in other ways, it gives you the right to wallow in self pity, but see why this is actually good thing. There's no don't do this in this book. Even suicide is not a taboo subject, just another view,. The book causes you to reflect, ask questions of yourself, others, self reflection.

I've found it useful, and will read again in times of trouble, just to give me an alternative view. For me, I

didn't like the poems, I couldn't understand the reasons for these, but then I'm not a poem person ;-)

Hayley Martin says

My therapist recommended this book to me. I was hesitant to read it at first, but I am so, so glad I did.

Recently, I lost someone really important to me. The first two days, I stayed home and did nothing but cry. The rest of the week, I went back to work and did a lot of pacing. Healing has been difficult, and to be honest, I've felt stuck and more sad than I've ever felt.

I am not a fan of self help books. I find them preachy, and most of the time, I feel like shit instead of feeling better.

This book gave me hope. I don't feel stuck, and I know I won't feel this way forever.

I would HIGHLY recommend this to anybody going through a significant loss in their life, or anyone helping someone through this loss. It provides insight and suggestions to help healing and growth.

I will most likely reread this one, as I tore through this in a couple of hours the first time.

If anyone is feeling lost, hurt, depressed, or stuck, this is an amazing read.

"I am alive. I will survive."

Niki says

A powerful road map. My therapist recommended this book to me after the death of my parents left me feeling like an adult orphan adrift and alone in the world. It's written with the intention to encapsulate all levels of loss – from death to divorce. Quick, digestible bullet points describe all the tumultuous steps and half-steps of grief and recovery. Most of the things I had expected to see there – sleep issues, lack of energy, blah blah blah - but there were certainly some “side-effects” or steps I hadn’t attributed to my grief. Suffering of creativity? Ugh, check. The material did a good job of recognizing and humanizing the suffering without devaluing it. The downside is each level of is paired with some truly awful “high school breakup” poetry that doesn’t properly capture the tone of the material when confronting a hard loss like death. I can appreciate trying to appeal to all levels of loss, but perhaps “special editions” tailored more to the specific would be better served.

Sherry Joiner says

Reading How to Survive the Loss of a Love by Melba Colgrove, was a positive experience for me in accepting and understanding the death of a loved one to suicide and losing a relationship. I was able to visualize myself becoming comfortable with grief and anger, as I healed inside. I found hope. I cussed out my pillow, threw it against the wall, and saw a counselor the next day. This book is a must read.

Sarah says

I came across this book at a timely point in my life. It is basically a survival handbook for dealing with loss (and it covers many types of loss, but specifically the loss of a love). I have and still would recommend it for those in need of such a book.

Cheryl Anderson says

This book helped me so much when my mom transitioned.

Shell says

This book was recommended to me multiple times by my therapist. I resisted, thinking it sounded too self-help-y and depressing. The authors mix the psychology of the grieving process with short poems and quotations. The result was surprisingly helpful and validating.

Shadow Girl says

I pick this one up every time someone close to me dies, so...needless to say, my copy is pretty worn and well read.

Should actually be 59 things to do when there is nothing to be done, since reading this book is one thing I do every time.

MsheArt2 says

I loved this book, it was the best book I read that year,
a goddess sent, a recommendation for any one that's going through
a loss of a love, be that love a human or the loss of a goal, attainment.

Una Tiers says

Years back, a friend gave me her copy of this book. For years, I gave copies to friends. I reread this book, forgetting that grieving is a process that varies from person to person and topic to topic. It is simple and I highly recommend reading it. If they let me write a chapter, I would say you can eat Dove bars or spaghetti for breakfast if you need to. And, remember to drink water.

Scotti says

This book was also given me shortly after a family death. The friend who brought it to me drove it across town to me fairly late the night he heard about our tragedy. He said it couldn't wait - I needed it immediately. He was right. This, and George Anderson's book, have "saved my life" as they have helped me through the most horrific event a parent can go through.

The thing that ministered to me the most from this book was the author's ability to understand not just the HUGH thing that happened; but how you feel about the little things. Like going to pick up the phone to call, going to their favorite restaurant, hearing that song, etc. It addressed some of the little disappointments that I hadn't even recognized as grief.

This is also a book I buy in bulk and pass on as Mike did to me when I run into someone unfortunate enough to need it.

Melly says

My Mom read this book after my brother passed away many years ago and it really helped her. She suggested I read it after a bad break-up. Although our situations were very different, this book was comforting to us both. I haven't read it in years, but it's probably about that time to read it again.
