



I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One

Brook Noel, Pamela D. Blair

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Updated and Revised, this best-selling book authored by two women who have lost someone firsthand is a timeless and sensitive resource to help those who have lost someone tragically deal with the grieving process. This expanded edition will include an expanded section on "What is next?" and dealing with survivors guilt and grief after events such as 9/11 and Katrina. This revised edition will also add more on compounded grief or multiple losses. Authors Noel and Blair address the question of are we ever really ready to say goodbye? First Edition has sold over 80,000 copies.

I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One Details

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Theresa Bradley says

I liken this book to "the grief bible!" "I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One" is a must read. Authors, Brook Noel and Dr. Pam Blair both experienced sudden loss of their loved ones. Noel lost her older brother, Caleb, who at twenty-seven died of an allergic reaction to a bee sting. Dr. Pam Blair lost her ex-husband and child's father to a brain aneurysm.

Through their shared experience with sudden loss, they vulnerably and candidly share their stories of coping with grief and provide insightful and practical guidance in managing the painful grief journey. Personal stories of others who have experienced sudden loss are also shared. Unlike most books that deal with a specific type of loss, this book covers a myriad of losses such as; the loss of a sibling, military combat loss, suicide, terrorist attack loss, parental, and loss of a child. They candidly share the distinctions of each loss; the various physical and psychological reactions people may have to grief; and its impact on surviving parents, siblings, and children. Very thorough.

I found this book to be extremely relevant. It validated my feelings of grief and allowed me to know that my experience coping with grief were not unique unto myself. Grief is not something you get over but something to work through. It's okay to be forever changed by grief and your existence be redefined as a result. I also appreciate the extensive and very helpful grief resources and support they provide in the appendix. It reinforces how important it is to reach out for support and not suffer alone - community is available to you.

If you have experienced the sudden loss of a loved one, or you know someone who is dealing with such a loss, I highly recommend that you bless them and yourself with a copy of this book. Unfortunately, grief and loss is inevitable. William Yeats once said, "Life is a long preparation for something that never happens." I challenge Yeats on this in that death and loss will eventually happen to us all, and it behooves all of us to be prepared. Consider purchasing a copy (copies) today.

Rita says

I found this book more helpful than others I've read on grief since it specifically discussed sudden loss.

Francie Mooney says

This was the first book I purchased after my husband completed suicide. It is the book I loan or suggest when someone asks me what to read after a suicide.

Brook Noel has written a story of grief and recovery. Letting people know that it is okay to grieve the way you want or need to, not how others expect you to.

Eve says

I Wasn't Ready to Say Goodbye is a comprehensive self-help book for those who've experienced a sudden death - of many kinds. It is comprehensive, and all encompassing, which is its strong point and its weak point at the same time. I have experienced such a loss with my brother, and with several friends, so was eager to read it. It started out well, however, I found it so thorough and heavy that I became bogged down about one third to one half way through. My recommendation is to read just the parts that seem to apply to you, and to use the exercises if you are currently in such grief, otherwise, you'll find this a bit burdensome. The best parts of the book were actually the stories of people's experiences, rather than the theoretical, advice-giving, which sometimes seemed a bit obvious, even if necessary and true. The resources and exercises seem helpful and can be skimmed if you are weary towards the end.

Vikki says

pretty good in terms of practical advice for both the bereaved and those who want to be supportive. specific sections for getting through the early days, the first year, holiday & such, and different types of losses (i.e., parent, child, suicide, multiple losses).some chapters could be more detailed--the one on helping children grieve, for instance, is kind of sparse, though it did give me some good information i hadn't known. overall i think it's a really good resource book, targeted to people whose loved ones died unexpectedly.

Darcy says

On March 4th 2016 my mother passed away. She was only 59.

Reading this book comforted me in my sorrow.

ak says

One of the better grief books I think. Also one of the few that specifically talks about sibling death and how it fucking blows

Karen says

This book has helped me through the most devastating time in my life with the loss of my son....I was so lost and in a fog for awhile till I started reading this book which has helped me through day by day along this new path of mine...I have bought it for a number of friends who have gone through similar loss and they also have told me how much they appreciated having this book given to them....Thanks to the authors for providing sound and great insight into dealing with loss and grief.

Tom Harrington says

Having lost my wife - suddenly, unexpectedly - last month, I found a lot of good helpful information in this book, including helpful exercises to make dealing with this incredibly weird grieving process a bit easier, and a lot more understandable.

However, the book loses one star because the authors certainly push their obvious Christianity down the readers' throats. I found that to be unhelpful to say the least. I realize some people need that sort of thing, but I don't believe it is an integral part of the grieving process.

But if you can overlook that, by all means, buy the book if you have lost a loved one unexpectedly, suddenly, or tragically. I do recommend it, it will be of great help to you.

Doug DePew says

I've struggled for months with what appeared to be a mid-life crisis. In researching how to get through it, I tracked the source down to delayed grief. I lost my brother in 1995 and my dad in 2000 in very similar auto accidents. I don't think I ever grieved them properly and it surfaced in my forties. This book is one of the ones I found to address my particular situation.

This is a well written guidebook to carry anyone through the experience of losing a close loved one suddenly. It contains sections dealing with specific losses such as: a spouse or partner, a sibling, suicide, mass death (such as terrorism), fallen heroes, and others. Each section is thoughtful and helpful. It also has a wonderful portion of the book carrying the reader step by step through the immediate aftermath of sudden death. The back couple chapters are dealing with additional resources and activities to help with grief work.

The authors of this book have both dealt with sudden death themselves. Part of what I found most useful was reading the sections they wrote about their personal situations. I'm still working on the back exercises. I think that will take a while. I wish I'd had this book in 1995 when I lost my brother. Even though my grief was delayed by decades, I am still finding it helpful. Grief is a very individual experience that nobody except the person inside your head will ever understand. These authors have written a resource to help you find your way through that deep, dark forest into the light again. I recommend it to anyone who's experienced a sudden death. I'll keep my copy when I'm finished to hand on to the first person I know who needs it. It helps.

Rosemary says

This book helped me during a period of grief.

I had lost my sister, niece, and nephew within a 2 1/2 month period and I was grieving. It went through each step of the
grieving process and helped relieve some of
the loss I felt because I related to what
I was going thru at that point. It gave true
stories of people who had lost their love

ones in their life.

Michelle says

This book has been very helpful to me over the last few weeks.

Michelle Jarvie says

One of the best grief books because it (1) tackles the myths/stereotypes of the grief process and (2) presents different segments for every kind of relationship (friend, spouse, child, parent, etc.). Extremely well-written and thoughtful.

Pam says

Extremely helpful. Focuses entirely on coping with the sudden loss of a loved one.

JT says

My dad died the day before Valentine's Day. He was 52 and his heart just stopped.

Shock is an amazing thing - it lets you get through horrible times without fully feeling the torrent of emotions raging through you. But then shock wears off, and in my case, I had to go back to a city where I don't have family to deal with my grief by myself.

I picked up this book and a couple others hoping to find out that there was an end to the pain I was feeling. There isn't one. But there is a new normal that you can eventually get to.

This book had simple, compassionate language and practical advice for dealing with sudden deaths - be it a father, brother, daughter or friend. I gave it four stars because I was hoping for something more in depth about how to deal with such a tragedy when you're a young adult... but I don't think that exists right now... in fact I think it's my job to write that one.
