



Good Grief

Granger E. Westberg

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Many people experience grief as the result of loss. This book describes what happens to us whenever we lose someone or something important. We all need a better understanding of the small griefs in life as well as those larger grief experiences that can overwhelm us. Here is a volume to be kept close at hand. It can be used over the years as you encounter a wide variety of grief experiences or as you assist friends in moving beyond grief to good grief.

Good Grief Details

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Author : Granger E. Westberg

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From Reader Review Good Grief for online ebook

Travel Writing says

I found this book on paperback swap and NOWHERE in the description did it mention it was a Christian book.

I read it anyway and it was useless. Basically this author breaks grief up into 8 stages. Tells a boring little ditty about someone dealing with that stage, and then quotes a Bible verse. Even for a Christian book it is not useful. The chapter on anger was especially tiring. Only two pages and the helpful advice of, "...it is to be wrestled with, and it can, by the grace of God, be overcome".

I think this author was writing to a far different audience than I was expecting. I did not find this book comforting. In fact, I found it superficial and glib.

Ben Fike says

My friend Judy gave me this book. She embodies a person who has experienced profound grief with grace, honesty, and dignity of spirit. This book is short, avoids flowery-over-spiritualized language, and is a very helpful guide through the realities of "grief work". Nobody wants to experience grief, but we all do. The choice for us is how to go through it with integrity and - ultimately - hope that God is present in the midst of our pain. I think I may buy some copies to share with others - just as Judy did with me.

Gillian Doyle says

Timeless and timely.

My husband died two months ago. This book is the first I picked to read when I was finally ready to deal with my new reality. It is short and direct. I highlighted and bookmarked many helpful pages. Highly recommend.

Bonny says

Very easy to read because of short and to-the-point chapters on the 'stages' of grief. Good for when you're really struggling and can only concentrate on reading small portions at a time.
Easy for teenagers to understand or to have read to them in times of grief.

Brenna Bonner says

Perfect. Short, concise and heartfelt. An excellent little book to guide one on the way.

Dr. says

Excellent short book that helps to carry a person through the natural process of grief. Encouraging and enlightening.

Christy says

Actually, I should have noticed that this book had only 64 pages the size of a note card before I checked it out from the library. Anything that small tells me it doesn't have anything in there that I don't already know. I quickly thumbed through it, confirmed it had the same type of stuff about stages of grief, and that was it. There wasn't any advice or anything really, beyond description. I'd only recommend this to someone who hasn't spent 10 minutes on the Internet reviewing the same subject.

Maureen Koeppel says

Good pastoral advice

I found this very helpful having lost my mom a few months ago. It is written with compassion and caring.

Will Waller says

Good Grief is a tiny document that packs a mighty punch. Meant more for the parishioner than the pastoral counselor, it is a clear and approachable connection to the parishioner who continues to be beset by grief long after the well-wishers have gone home. It seeks to normalize grief, placing many of the stages of grief on the table for examination. Ultimately, this is a book that is meant to allow the tears to fall and not be hastily dried up but left to exist in their own right. Most beneficial about this book is that it goes beyond the typically written about grief – death – and speaks of other valid griefs.

Gail says

The book I have, and read, by Granger E. Westberg is titled Good Grief: A Constructive Approach to the Problem of Loss. Copyright 1962, 1971 by Fortress Press. Having lost my first born son tragically 3 years ago (would have been 32 on November 11, 2016) ; having a high school friend living nearby in Elm City

who recently lost her daughter; having arrived for Thanksgiving in Vicksburg, MS the childhood home of my husband whose mother is soon to be 90; having finished the book I was reading while on the airplane, I perused the books on the shelf and this is the one I picked. In its 64 pages, the author simply and briefly describes the many manifestations of the ever ongoing process of grieving. I brought it home from Vicksburg to share with my friend in Elm City. I believe that my mother-in-law wouldn't mind sharing. I'm certain she picked it up at some point in time following the death of her husband, my husband's father, and found its words comforting in that someone else has felt grief and had the gift of putting it in words to share.

J Crossley says

This book on grief has been around for a long time, and I finally got around to reading it. I originally got it from the library, but then I decided to purchase it for my Kindle because this will be a book that I will go back to when dealing with grief.

Brian Flatgard says

I was grieving the loss of my father when I stumbled upon this book. It had been six months, and I was still feeling pretty lost, and I headed on a long road trip through the American West to think things through. I stayed in a fire tower for part of the trip in northern California, and was amazed to the point of laughing to find this book amongst the few items in the tiny fire tower. I read it all in one day, through multiple sittings. While this book shows its age, and I don't agree with all of its advice, it was there for me, and I took great comfort in much it said.

Grieving is crazy. It comes and goes in waves and bursts, with different intensities, and wildly different emotions. What a griever needs to hear one day may be completely different than the next day. Something a friend says one day can be of great help, while another day may depress or infuriate. I don't expect any book on grieving to be perfect, any more than a friend. What's important is that you know you're not alone.

Jane says

Good for such a short book

Grief is too complicated a subject to address in such a short book. I found this book to be superficial, but to be fair, the author wrote it to expand on a sermon about grief.

James says

Good overview of stages of grief. He describes a more detailed model than the typical five-step grief process, which was enlightening. I do wish the book include more commentary about how to help individuals in each stage but such commentary would likely fill volumes beyond this short book.

Steve says

I did not feel lonely, I felt alone.

Often times we are so mechanical in addressing someone's grief. We say what everyone says-We mean well-we try. Remember, there is a ministry in presence. Simply being there. I have read this book many times and also used it as a textbook in college. It helped me give myself permission to openly grieve while in the comfort of caring friends and family. Thank you Mr. Westberg.
