



The Truth about Grief: The Myth of Its Five Stages and the New Science of Loss

By Ruth Davis Konigsberg

Simon & Schuster. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.3in. x 5.4in. x 0.8in. The five stages of grief are so deeply imbedded in our culture that no American can escape them. Every time we experience loss a personal or national one we hear them recited: denial, anger, bargaining, depression, and acceptance. The stages are invoked to explain everything from how we will recover from the death of a loved one to a sudden environmental catastrophe or to the trading away of a basketball star. But the stunning fact is that there is no validity to the stages that were proposed by psychiatrist Elisabeth Kbler-Ross more than forty years ago. In *The Truth About Grief*, Ruth Davis Konigsberg shows how the five stages were based on no science but nonetheless became national myth. She explains that current research paints a completely different picture of how we actually grieve. It turns out people are pretty well programmed to get over loss. Grieving should not be a strictly regimented process, she argues; nor is the best remedy for pain always to examine it or express it at great length. The strength of Konigsberg's message is its liberating force: there is no manual to...



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