



They Live On: Saying Goodbye to Mom and Dad

Patricia A. Nugent

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xx, 227 pp. Beginning with her father's broken hip, the author's transcription of her journal became a series of 300 vignettes portraying the stages of caring for and saying goodbye to a loved one, as seen through the eyes of a daughter and her terminally ill parents. The intense grief of an adult losing a parent needs a stronger voice to be appreciated in our culture, and this book validates the pain that adult parental loss can generate and how long it can linger. It's been called 'a crying catalyst,' enabling readers to more openly express what it feels like to lose, or to be losing, a parent or any loved one. Knowing that we are not alone and that others share our feelings of helplessness, hope, fear or anger is a step toward being able to say goodbye. And realizing that they do live on allows us to keep going after our loved ones have passed.

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