

On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss

By Elisabeth Kübler-Ross, David Kessler

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Ten years after the death of Elisabeth Kübler-Ross, this commemorative edition of her final book combines practical wisdom, case studies, and the authors' own experiences and spiritual insight to explain how the process of grieving helps us live with loss. Includes a new introduction and resources section.

Elisabeth Kübler-Ross's *On Death and Dying* changed the way we talk about the end of life. Before her own death in 2004, she and David Kessler completed *On Grief and Grieving*, which looks at the way we experience the process of grief.

Just as *On Death and Dying* taught us the five stages of death—denial, anger, bargaining, depression, and acceptance—*On Grief and Grieving* applies these stages to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing. This is "a fitting finale and tribute to the acknowledged expert on end-of-life matters" (*Good Housekeeping*).

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Review
"Elisabeth Ku bler-Ross left us one last gift, and it's a masterpiece. She and grief expert David Kessler have written a modern classic, the kind of book that all of us will want to keep on our bookshelves because we know it speaks to our deepest hearts."

-- Marianne Williamson

"Elisabeth Kuebler-Ross left us one last gift, and it's a masterpiece. Having illumined the subject of death, she has now illumined the subject of grief. She and grief expert David Kessler have written a modern classic, the kind of book that all of us will want to keep on our bookshelves because we know it speaks to our deepest hearts."

-- Marianne Williamson

"Elisabeth Kuebler-Ross deserves to be remembered because her life and work have made this world a better place. "On Grief and Grieving" is a heartfelt tribute to all who have lost a loved one, from a woman who changed our lives by changing our relationship to death and dying. What a wonderful book Elisabeth and David have written."

-- Caroline Myss

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About the Author
Elisabeth Kübler-Ross, MD, (1926–2004) was a Swiss-born psychiatrist, humanitarian, and co-founder of the hospice movement around the world. She was also the author of the groundbreaking book *On Death and Dying*, which first discussed The Five Stages of Grief. Elisabeth authored twenty-four books in thirty-six languages and brought comfort to millions of people coping with their own deaths or the death of a loved one. Her greatest professional legacy includes teaching the practice of humane care for the dying and the importance of sharing unconditional love. Her work continues by the efforts of hundreds of organizations around the world, including The Elisabeth Kübler-Ross Foundation: EKRFoundation.org.

David Kessler is the coauthor of *Life Lessons: Two Experts on Death and Dying Teach Us About the Mysteries of Life and Living*. On his own, he is the author of *The Needs of the Dying*, which received praise from Mother Teresa and has been translated into eleven languages. He is a nationally recognized leader in the field of hospice and palliative care.

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