

grief and remembering

25 AUSTRALIANS TELL IT LIKE IT IS

Edited by Allan Kellehear

Allan Kellehear, PhD, is a Professor of Palliative Care at La Trobe University, Melbourne. He is the author of *Eternity and Me: The Everlasting Things in Life and Death*.

In this book, 25 everyday Australians describe their own unique experiences of grief. They mourn their spouses, friends, parents, children, or siblings. Contributors to this book are from diverse social backgrounds – they are men, women and children of different occupations, ethnicity, sexuality and age groups.

We hear the voices of people who are at the very centre of the experience of grief – no professional theorising, no ‘stages’ or ‘models’ of grief, and no judgements.

“Most grief, however complex and difficult to live with, is normal. We don’t need ‘therapy’ or ‘pills’. We just need to understand it – and find some meaning and sense in it. Sometimes we need some extra support. But most of the time we battle on with the battle inside our hearts. Grief is like that. Much of life is like that. And finally, we have a book that tells it like it is.” *Allan Kellehear*

This book is now available for purchase from the Centre for Grief Education.

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