



Grieving Dads: To the Brink and Back

Kelly Farley

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Grieving Dads: To the Brink and Back is a collection of candid stories from grieving dads that were interviewed over a two year period. The book offers insight from fellow members of, in the haunting words of one dad, “this terrible, terrible club,” which consists of men who have experienced the death of a child. This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale. They are real stories that pull no punches and are told with brutal honesty. Men that have shared their deepest and darkest moments. Moments that included thoughts of suicide, self-medication and homelessness. Some of these men have found their way back from the brink while others are still standing there, stuck in their pain. The core message of Grieving Dads is “you’re not alone.” It is a message that desperately needs to be delivered to grieving dads who often grieve in silence due to society’s expectations. Grieving Dads: To the Brink and Back is a book that no grieving dad or anyone who cares for him should be without. As any grieving parent will tell you, there are no words to describe the hell one experiences after the death of a child. Many men have no clue how to deal with or understand the myriad emotional, mental, and physical responses experienced after the death of a child. Stories appearing in the book have been carefully selected to represent a cross-section of fathers, as well as a diverse portrayal of loss. This approach helps reflect the full spectrum of grief, from the early days of shock and trauma to the long view after living with loss for many years. Any bereaved father will find brotherhood in these pages, and will feel that someone understands them. While there is plenty of raw emotion in this book—the stories are not exercises in self-pity nor are they studies in grief. They are survival stories instead. Some are testimonies to hope. Some are gut-wrenching accounts of overwhelming despair. But all of them are real-life stories from real-life grieving dads, and they show that even if one reaches his physical and emotional bottom, it is possible (although not easy) to live through that pain and find one’s way to the other side of grief. Most dads in this book found themselves in a state of physical, mental, and emotional collapse after the death of their child. As if the losses alone weren’t enough to drive these men to the brink, most try to deal with their grief according to the conventional wisdom so many men are brought up with, which perversely, increases their suffering all the more. We all know the party line about how men are “supposed” to deal with loss or even disappointment: toughen up, get back to work, take it like a man, support your wife, don’t talk about your emotions, don’t lose control, and if you must cry—by all means do so in private.

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Vincent Cartagena:

People live in this new day time of lifestyle always attempt to and must have the time or they will get great deal of stress from both day to day life and work. So , if we ask do people have time, we will say absolutely indeed. People is human not just a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will probably unlimited right. Then ever try this one, reading textbooks. It can be your alternative within spending your spare time, the actual book you have read is actually Grieving Dads: To the Brink and Back.

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