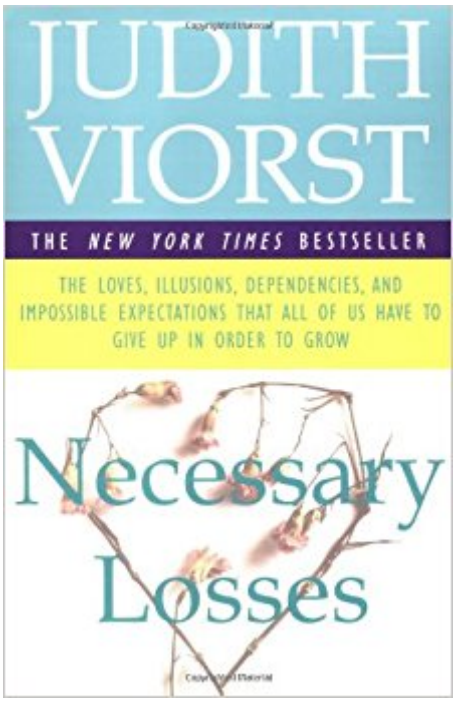
Ebook Directory
the best source of ebook

The book was found

Necessary Losses: The Loves, Illusions, Dependencies, And Impossible Expectations That All Of Us Have To Give Up In Order To Grow



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

From grief and mourning to aging and relationships, poet and Redbook contributor Judith Viorst presents a thoughtful and researched study in this examination of love, loss, and letting go.Drawing on psychoanalysis, literature, and personal experience, Necessary Losses is a philosophy for understanding and accepting lifeÃ¢â ¬â„¢s inevitabilities. In Necessary Losses, Judith Viorst turns her considerable talents to a serious and far-reaching subject: how we grow and change through the losses that are a certain and necessary part of life. She argues persuasively that through the loss of our mothersÃ¢â ¬â„¢ protection, the loss of the impossible expectations we bring to relationships, the loss of our younger selves, and the loss of our loved ones through separation and death, we gain deeper perspective, true maturity, and fuller wisdom about life. She has written a book that is both life affirming and life changing.

Book Information

Paperback: 448 pages

Publisher: Free Press; unknown edition (January 5, 1998)

Language: English

ISBN-10: 0684844958

ISBN-13: 978-0684844954

Product Dimensions: 5.5 x 1.2 x 8.4 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 131 customer reviews

Best Sellers Rank: #27,205 in Books (See Top 100 in Books) #15 inÃ Â Books > Religion & Spirituality > Occult & Paranormal > Parapsychology > ESP #62 inÃ Â Books > Self-Help > Death & Grief > Grief & Bereavement #73 inÃ Â Books > Self-Help > Relationships > Love & Loss

Customer Reviews

Personal experience, great literature liberally quoted here, and study of psychoanalytic theory are combined in this far-ranging, somewhat rambling book by Redbook columnist Viorst to demonstrate that growing and aging involve a succession of conscious and unconscious losses, including the loss of youth. Citing examples, and starting with the loss of the mother-child connection, she indicates that only by learning to relinquish people, places, situations and emotions that concern us at stages of life from childhood to old age can we develop a positive identity and self-image. We must realize, she argues, that these losses are a necessary part of life and growth. A strong sense of self will help us remain positive in the face of the many physical and psychological losses of old

age and to accept life's final loss that is death. Losing, Viorst concludes, is the price we pay for living. Copyright 1986 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Viorst, poet and Redbook contributor, is also a research graduate of the Washington Psychoanalytic Institute, and has worked in psychiatric settings. Her topic is loss because everyone must cope with it throughout life: childhood ends, we recognize that our expectations are unrealistic, friends and family members die, ultimately we die. Viorst offers a competent journalistic treatment of the subject, drawing upon psychoanalytic theory, interviews, and literature, and includes notes and a bibliography. Most of what she says has been said elsewhere, especially in books on mid-life crisis. Popular collections will want to have this because Viorst is known, but readers who expect a profound or truly personal approach to the topic may be disappointed. Margaret Allen, M.L.S., West Lebanon, N.H.Copyright 1986 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I first came across Judith Viorst's *Necessary Losses* when it first came out in 1986. I was a 26 year old first year MSW student in a clinical program, and took away from the book, which made a great impression upon me, that it was about how friendships change, that there are different friends for different times and places--and that is how I referred to the book for years. Just last year I reread it as a 57 year old who, disillusioned and ready for something new, had long ago left the profession of social work. I was reminded that Viorst's writing is informed by her psychoanalytic training but exudes the warmth and passion that characterize the very best therapists no matter what their theoretical foundation. She is also a great writer--my favorite of her books being one for children and the adults who think like them,*Alexander and the Terrible, No Good, Very Bad Day*-- and in no way felt outdated when I reread the book in 2014. This time, however, the parts that stood out for me were about aging and navigating the inevitable losses that go with a time of life unimaginable to my younger self but all too real for who I am now. And that, to me, makes this book a classic, fresh and new at whatever age you happen to be when you read it.

My wife and I ended up reading this together over a period of months. It's potent and helpful in so many ways, but not something designed to sit down and read in a few settings. We ordered about a dozen for friends and coworkers. Profoundly practical, a little Freudian at times, but always helpful in understanding the complex and changing nature of life. Great for young parents as well as those

facing death from any of its many perspectives. Not a Christian book, but most of it is compatible with the universal truths of most faiths. A must read for counselors and coaches.

I owned this book before and finally donated it to our church book library. We house the homeless for a week every three months in our congregation in a nation-wide program called "Family Promise." A wonderful lady who had been a nurse but due to health problems and a divorce was homeless was staying with us for the week. As she read this book it was a revelation to her about her problems and attitudes in this troubled time in her life. She asked if she could take our copy with her to finish it. I gave it to her and ordered this replacement copy for our library.This is an extremely insightful book for either troubled times in your life or for reviewing you life and wanting to see it from a healthier more mature prospective.

A must-read for all thoughtful persons. The title says it all. NECESSARY losses. So much of life is spent trying to avoid and deny the essential loss-filled state of the human condition. Viorst does an excellent job.

I first read this book many years ago but found I needed it again when going through a difficult period in my life. It explains many things we have to do to reach maturity and the things we lose along the way. I recommend this book to anyone who is struggling with losses in their life.Necessary Losses: The Loves, Illusions, Dependencies, and Impossible Expectations That All of Us Have to Give Up in Order to Grow

This purchase was actually for a friend. The first time I read Necessary Losses was 18 years ago. It helped me work out so much of my childhood traumas and baggage. It provided me a much needed perspective. Much of what I learned has also stayed with me. I have also purchased it for four other friends.

A good book but if you are going to purchase to get over your grief over losing someone you love then look for another book. This is not about that but how loss effects your life at all stages. The first part of the book was very intense because it was dealing with the loss of a mother and I had just lost mine so it was very difficult to read.

I read this about 30 years ago, and keep re-reading a chapter here and there. Just got a newer copy

to share. I guess I must really like it. Smart, funny, and insightful. Still as relevant today as it was when I first read it.

Download to continue reading...

Necessary Losses: The Loves, Illusions, Dependencies, and Impossible Expectations That All of Us Have to Give Up in Order to Grow Jeaniene Frost Books Checklist and Reading Order : Night Prince series in order, Night Huntress series in order, Broken Destiny series in order and Night Huntress World series in order The Art of Drawing Optical Illusions: How to draw mind-bending illusions and three-dimensional trick art in graphite and colored pencil Charlaine Harris Schulz Books 2017 Checklist: The Aurora Teagarden Series in Order, Cemetery Girl Series in Order, Harper Connelly Series in Order, Lily Bard Series in Order and more! How to Survive the Seemingly Impossible: Jugglin, Magic Tricks, Illusions, and Other Feats You Reall Narrative Prosthesis: Disability and the Dependencies of Discourse (Corporealities: Discourses of Disability) Mail Order Bride: The Mail Order Bride and the Hunted Man: Sweet, and Inspirational Western Historical Romance (Mail Order Brides and the Marriage Agent Book 4) Baby Loves Thermodynamics! (Baby Loves Science) Baby Loves Quantum Physics! (Baby Loves Science) Baby Loves Aerospace Engineering! (Baby Loves Science) Baby Loves Quarks! (Baby Loves Science) She Loves You, She Loves You Not... Loves Music, Loves to Dance [UNABRIDGED] (Audiobook) Stephen King Series Reading Order: Series List - In Order: The Dark Tower series, Shining series, Talisman series, The Green Mile series, stand-alone novels, ... (Listastik Series Reading Order Book 30) Anne McCaffrey Series Reading Order: Series List - In Order: Dragonriders of Pern series, Acorna series, Catteni sequence, Brainships, The Talent series, ... (Listastik Series Reading Order Book 21) SERIES READING ORDER: DIANA GABALDON: Reading Order of Entire Outlander universe in reading order, Outlander series only, Lord John Grey series, short stories, novellas W.E.B. Griffin Series Reading Order: Series List - In Order: Presidential Agent series, Badge of Honor series, The Corps series, Honor Bound series, Brotherhood ... (Listastik Series Reading Order Book 14) Dale Brown Series Reading Order: Series List - In Order: Patrick McLanahan series, Acts of War series, Independent series, Dreamland series (Listastik Series Reading Order Book 24) J.A. Jance Series Reading Order: Series List - In Order: J.P. Beaumont series, Joana Brady Mysteries series, Ali Reynolds series, Walker Family series (Listastik Series Reading Order Book 13) Robert Ludlum Series Reading Order: Series List - In Order: Jason Bourne series, Covert-One series, Janson series, Stand-alone novels (Listastik Series Reading Order Book 15)

Contact Us

DMCA

Privacy

FAQ & Help