



# **I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Death of a Loved One**

*Brook Noel, Pamela D Blair PH.D.*

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Now there is a hand to hold...

Each year about eight million Americans suffer the death of a close family member. The list of high visibility disasters, human suffering and sudden loss in long and will continue to grow. From TWA Flight 800 to Egypt Air 990, from Oklahoma City to Columbine, daily we face incomprehensible loss. Outside the publicized tragedies there are many families and individuals that are suffering behind closed doors in our neighborhoods, in our own homes, in hospital waiting rooms. Now for those who face the challenges of sudden death, there is a hand to hold written by two women who have experience sudden loss.

In a book that will touch, comfort, uplift and console, authors Brook Noel and Pamela D. Blair, Ph.D. explore sudden death and its role in the cycle of life. Tapping the personal histories of both authors and numerous interviews, I Wasn't Ready to Say Goodbye shows grieving readers how to endure, survive and grow from the pain and turmoil surrounding human loss.

For survivors this valuable book provides a rock-steady anchor from which to weather the storm of pain and begin to rebuild their lives.

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