



# Permission to Mourn: A New Way to Do Grief

*Tom Zuba*

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## **Permission to Mourn: A New Way to Do Grief Tom Zuba**

The death of someone we love cracks us open inviting us to become the person we were born to be. This is the book Tom Zuba wishes he had read after his daughter Erin died. And after his wife Trici died. It's the book he wishes he'd been handed following his son Rory's death. But Tom had to live it. First. Before he could write it. For you. In the beginning, Tom did grief the old way. Repressing, denying, pretending, numbing and stuffing every feeling and every emotion that arose. He created pain on top of pain until he began searching for a new way. A new way to do grief. Once he gave himself permission to mourn, healing began. Along the way, Tom discovered that: \* Grief is not the enemy. Grief can be one of our greatest teachers. \* It's the stories we tell that determine whether or not we will heal. \* We will always have a relationship with the people we love that have died. \* We were not born to suffer. We were born to be radiant. There is a new way to do grief. Let Tom Zuba teach you how.

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