



Ruthless Grieving: The Journey to Acceptance and Beyond

By Susan Powers Ph.D.

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Ruthless Grieving: The Journey to Acceptance and Beyond By Susan Powers Ph.D.

"Dr. Susan Powers has used her considerable training and knowledge as a psychologist and her experience as one who has 'been there' to open up a deep and necessary dialogue on this subject. I have no doubt that she will be helping people for decades to come as a result." —Tian Dayton, Ph.D.

"Don't walk but RUN to get this wonderful book *Ruthless Grieving: The Journey to Acceptance and Beyond* by Susan Powers. She has written a very moving book about her personal grief of two deaths in one year! There are ample exercises that guide the reader to do their own grieving process. One, for example, is 'Steps of Grieving,' which is modeled after the Twelve Steps of Alcoholics Anonymous. Also quite helpful to the reader are pages titled 'Things to Remember.' This book is a MUST READ for all in the healing professions!"

—Ilana Rubenfeld, Founder and developer of The Rubenfeld Synergy Method and author of *The Listening Hand*

How to Get Through to the Other Side of Loss

After both her husband and daughter died in a three-month period, clinical psychologist Susan Powers, Ph.D., learned she had to be proactive and single-minded in her attempts to recover by matching the ruthlessness of grief with her own zealous action.

Through the combination of her moving, personal memoir and a professional, clinical perspective, Dr. Powers offers a roadmap for finding your own way through your darkest hours. *Ruthless Grieving* is filled with emotional wisdom as well as practical suggestions to guide anyone through deep loss and grief, including a myriad of tools to help you deal with:

- initial “shock and awe”
- feeling lost and angry
- obsessing about the person who died
- suffering depressive sadness
- dealing with survivor guilt
- making the journey to acceptance of this loss
- reinvesting in life without them

Also included is support for grieving a death from addiction or suicide as well as a chapter devoted to helping others grieve ruthlessly.

This book is a companion and guide for your journey.

Through the use of creative imagination and bold actions, you'll learn to heal and find your own intuitive way to become more whole.

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Editorial Review

About the Author

Susan Carroll Powers, Ph.D., is a clinical psychologist who has been in private practice for more than thirty-five years in New York City and the east end of Long Island. After receiving her doctorate from Fordham University in the Bronx, she studied Gestalt Synergy with Ilana Rubenfeld. Dr. Powers has led workshops for many years and specializes in grieving and recovery from codependency in her private practice and at Onsite in Tennessee and the Caron Foundation in Pennsylvania, two major codependency treatment centers. She has studied experiential psychotherapy with Tian Dayton, Ph.D., and experiential therapy with Sharon Wegscheider-Cruse.

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