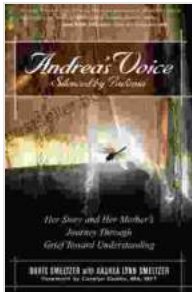


# Her Story and Her Mother's Journey Through Grief Toward Understanding



## Andrea's Voice: Silenced by Bulimia: Her Story and Her Mother's Journey Through Grief Toward Understanding

by Doris Smeltzer

★★★★☆ 4.7 out of 5

Language : English  
File size : 1172 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 306 pages



This is a story about loss, grief, and the power of resilience. It is a story about a mother and daughter who lost their beloved husband and father, and the journey they took together to find understanding and healing. Through raw emotions and deep introspection, the author explores the complexities of love, loss, and the power of resilience. This is an inspiring and thought-provoking read for anyone who has experienced the pain of losing a loved one.

### A Mother's Grief

When Susan's husband, John, died suddenly, she was left reeling in shock and disbelief. She had lost her best friend, her soulmate, and the father of her children. In the days and weeks that followed, Susan struggled to come to terms with her loss. She felt numb and empty. She couldn't eat or sleep.

She couldn't focus on anything. She just wanted to curl up in a ball and disappear.

But Susan knew that she had to be strong for her children. She had to find a way to move forward. With the help of her family and friends, she slowly began to rebuild her life. She went back to work. She started exercising. She started going to therapy. And she started writing.

Writing was Susan's way of processing her grief. It was a way of making sense of the senseless. It was a way of connecting with her husband and keeping his memory alive.

## **A Daughter's Grief**

When John died, his daughter, Emily, was just 16 years old. She had always been a daddy's girl. She loved spending time with him, talking to him, and learning from him. John's death left a huge hole in Emily's life. She felt lost and alone. She didn't know how to go on without him.

Emily's grief manifested itself in different ways. She became withdrawn and quiet. She stopped going to school. She started hanging out with the wrong crowd. She even started cutting herself.

Emily's mother was worried about her. She didn't know how to help her. She tried talking to her, but Emily just shut down. She tried taking her to therapy, but Emily refused to go.

Finally, Emily's mother reached out to Susan. Susan understood what Emily was going through. She had been there herself. Susan started

spending time with Emily. She listened to her. She talked to her. She shared her own experiences with grief.

Slowly but surely, Emily started to open up. She started talking about her feelings. She started going to therapy. She started making friends again. She even started going back to school.

## **A Mother and Daughter's Journey**

Susan and Emily's journey through grief was not easy. There were many setbacks along the way. But they never gave up on each other. They were there for each other through the good times and the bad. They supported each other through the tears and the laughter. And they helped each other find healing and understanding.

*Her Story and Her Mother's Journey Through Grief Toward Understanding* is a powerful and moving memoir about the complexities of love, loss, and resilience. It is a story that will resonate with anyone who has experienced the pain of losing a loved one.

## **Reviews**

"A beautifully written and deeply moving memoir about the power of love and the resilience of the human spirit. Susan's story is a testament to the healing power of writing and the importance of family and friends in the grieving process."

"A raw and honest account of one mother's journey through grief. Susan's story is both heartbreaking and inspiring. It is a must-read for anyone who has experienced the loss of a loved one."

- **Ann Hood, author of *The Red Thread***

- Cheryl Strayed, author of *Wild*

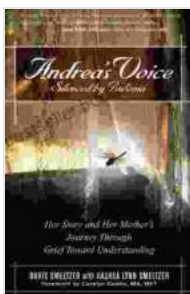
## About the Author

Susan is a writer, speaker, and grief counselor. She has written extensively about her experiences with grief and loss. Her work has appeared in numerous publications, including *The New York Times*, *The Washington Post*, and *The Huffington Post*. She is the author of the memoir, *Her Story and Her Mother's Journey Through Grief Toward Understanding*.

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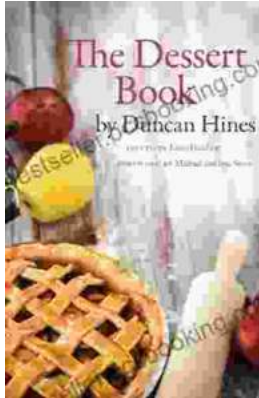
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