

The background of the cover is a photograph of a dirt road that curves through a lush green field. The sky is bright blue with scattered white clouds. The overall mood is peaceful and hopeful.

The Road to Recovery

Overcoming &
Moving Beyond
Your Grief

Rich Nilsen

THE ROAD TO RECOVERY

A Grief Help Book

By Richard Nilsen

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TESTIMONIALS

"The contents are amazing and profound. Your words rang loud and true when I read them. Wish I had found this book earlier." - **Terry Welch, sister to Michael Ryan lost on Comair flight 5196, Aug. 27, 2006.**

"I just read The Road to Recovery. It was so informative. I am founder and director of a bereavement support group for parents who have lost a child." - **Ann Carruci, HANDS (Healing and Nurturing Distraught Survivors)**

"We would love to get a copy of The Road to Recovery and see if we can incorporate it into our resource materials in some way. Again, I want to thank you for developing this material and for your incredible effort to reach out to those suffering from the 9/11 disaster." - **April Naturale, N.Y. State Director, Project Liberty.**

"Be assured that we will have your support guides distributed to those who have lost a loved one in the tragedy of Sept. 11th. Thank you for all you have done to help alleviate some of the pain borne by loved ones of those who died on September 11th." - **Rev. Msgr. Gregory Mustaciuolo, Secretary to His Eminence, Edward Cardinal Egan**

"This book contains so many insightful, appropriate and helpful ideas and suggestions. God bless you." - **Kelly Markillie, pastoral counselor at The Cathedral of Christ The King, Atlanta, GA.**

"I lost my son in the World Trade Center [911] and I found your book so comforting." - **Patricia Noah, mother of Leonard M. Castrianno, Cantor Fitzgerald, 105th floor WTC.**

DEDICATION

This book is dedicated to my in-laws, Jim and Ruth Ogden, who lost their only child.

"The Road to Recovery" is also dedicated to the victims, families and friends affected so deeply by the attack on The United States of America on September 11, 2001. We shall never forget.

INTRODUCTION

When you lose someone you love, you come to a fork in the road. I know because I have been there and without even realizing it. One road is a dark path with no lights and no destination. The road is filled with numerous tunnels and it has no outlet. It leads nowhere but a life of despair and regret.

The other path is a high road. This high road is very rocky, has twists and turns, and many sharp drops. It is anything but a smooth road but it heads in the right direction. Although it appears beyond our sight, many miles away, its destination can be a wonderful place. A destination of peace and tranquility, like a gorgeous rainbow after a vicious storm.

When you are at the crossroads, you are given a choice to make: which road will my life take? My mission and the goal of this guidebook are to help you take the high road.

Having personally survived a traumatic and unexpected loss, and having a background in writing, I long felt the need to write a book on the subject of grief. I always felt that there would be an opportunity to offer my experiences to others suffering in the same fashion.

On January 9, 1997 I lost someone who wasn't supposed to die. My wife of four years, a beautiful 26-year-old woman, perished on a commercial airline flight that stalled and plummeted in the winter sky. There was no preparing me for this sudden turn of events. My life changed instantly and nothing would ever be the same again.

With the help of friends and family, whom I can never repay, I took the high road. Thankfully, I am here only a few years later in a position of strength – God-given strength allowing me to bring support and encouragement to those in need.

"Blessed are those who mourn, for they shall be comforted." --
Matthew 5:4

After much prayer and thought, I wrote this support guide to help others suffering through grief. It is a short and easy read, but I believe it is jam-packed with valuable and meaningful advice. I pray that it helps you and that you will be in similar position some day to help others in need.

CHAPTER ONE

Understanding Grief

"Grief only comes in one size, extra large." -- Dennis Manning

If grief can be summed up in a nutshell, it is how *we feel* now that an important person is no longer in our life. In essence, we hurt and feel sorry for ourselves. Our focus is usually on what *WE* lost. Grief, of course, is a normal reaction to the loss of someone or something. Each of us will handle these feelings in our own way and in our own time. There is no blueprint to the process and no timetable to how long you will hurt.

Author J. William Worden describes four facets of mourning:

- 1 – Accepting the reality of the loss
- 2 – Experiencing the pain of grief
- 3 – Adjusting to an environment without the lost loved one
- 4 – Reinvesting emotional energy in life

Having been through the complete grief process, I can relate to each of these "steps." Accepting the loss almost immediately helped me move on with my mourning quicker, although it didn't make anything easier.

I cannot help you acknowledge the reality of your loss. Only you can do that, and hopefully you are well past that stage by the time you receive this book.

Sometimes, intense feelings of grief will catch us by surprise. It may startle you when you fall "into the pits" several months after the tragedy. It is at this time that many people will be expecting you to be over your loss. Don't believe them. It is only normal for this to happen. Just remember your grief is unique. No one else is just like you. No one else had the same relationship with the person who died.

Understand that a main purpose of grief is to help you reach the point in your life when you can remember without the pain.

What I present later in this guide are several steps to help you get through the grieving process in a positive way.

CHAPTER TWO

Which Road? THE CHOICE IS YOURS!

"...everything can be taken from a man but one thing: the freedom to choose one's attitude in any given set of circumstances." -- Viktor Frankl, Man's Search for Meaning

Individuals who do not recover from a tragedy often live in the past. They constantly relive what happened. Anger builds up inside them. Regret is overwhelming. In their minds, blame must be assessed. They are looking for something to help them feel better but to little avail.

You have been hurt in a way that feels beyond repair. Not only are you mourning the loss of your loved one, but you are also grieving the loss of fairness in your life and the loss of your past life.

Begin by asking yourself this... **[Thank you for viewing this sample. Download the full book "The Road to Recovery" at www.griefhelp.org, www.allstarpress.com, Amazon.com, BN.com, Smashwords.com or other major e-book retailers.**



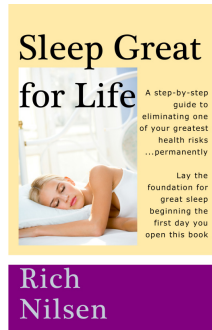
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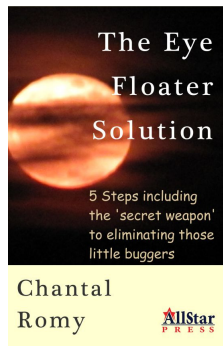
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