



On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss

Elisabeth Kübler-Ross, David Kessler

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Elisabeth Kübler-Ross's *On Death and Dying* changed the way we talk about the end of life. Before her own death in 2004, she and David Kessler completed *On Grief and Grieving*, which looks at the way we experience the process of grief.

Just as *On Death and Dying* taught us the five stages of death -- denial, anger, bargaining, depression, and acceptance -- *On Grief and Grieving* applies these stages to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing.



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