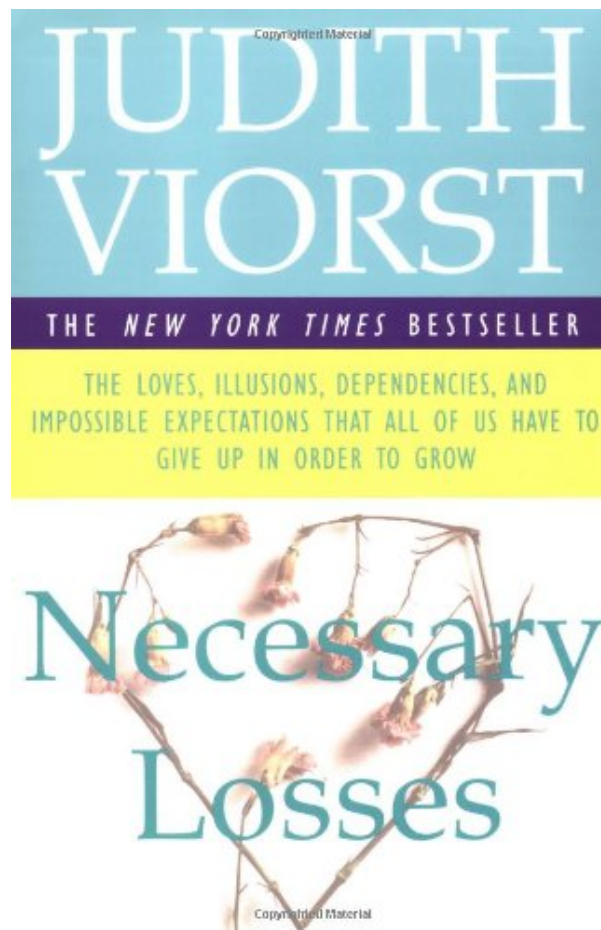
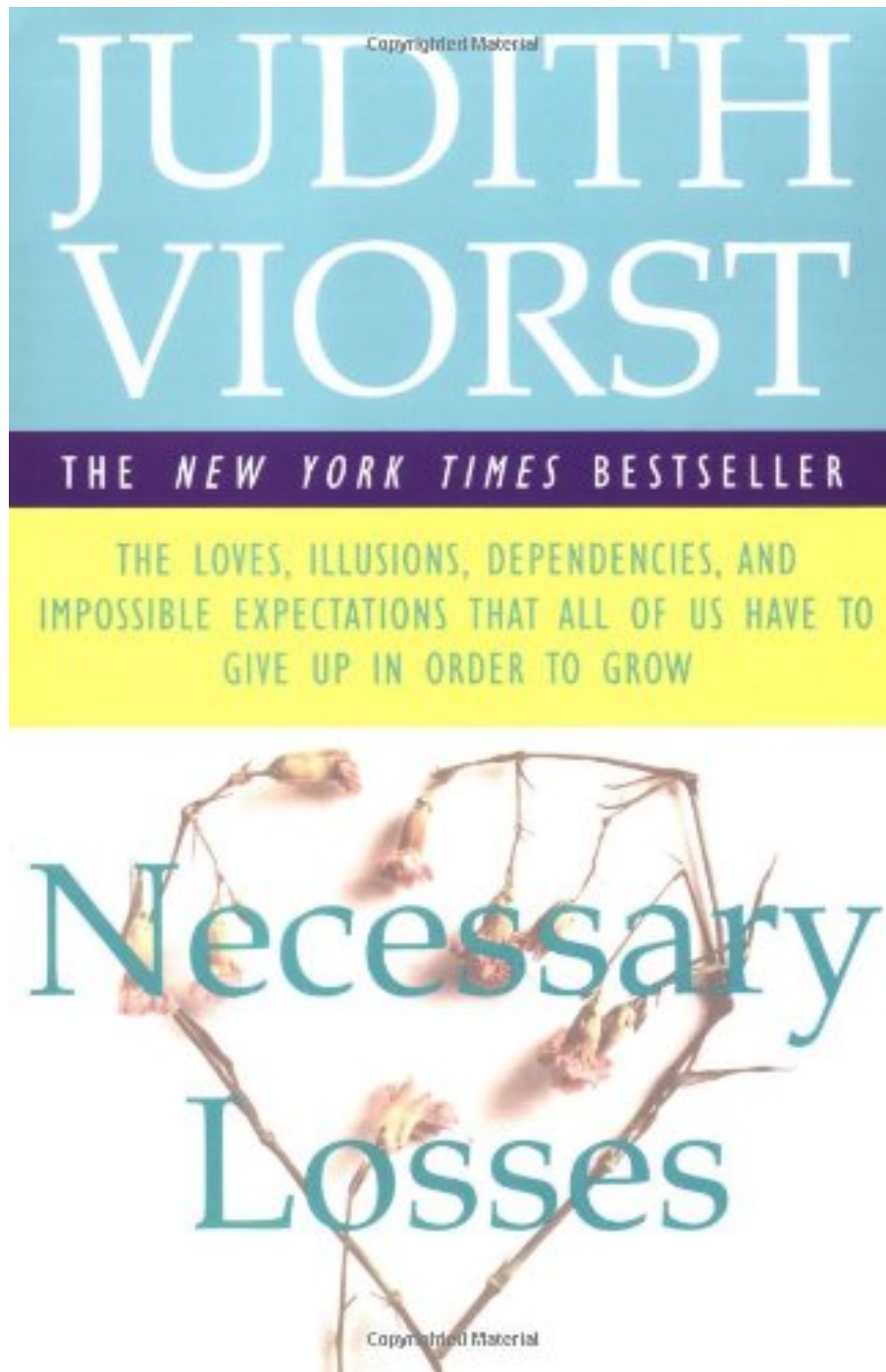


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From Publishers Weekly

Personal experience, great literature liberally quoted here, and study of psychoanalytic theory are combined in this far-ranging, somewhat rambling book by Redbook columnist Viorst to demonstrate that growing and aging involve a succession of conscious and unconscious losses, including the loss of youth. Citing examples, and starting with the loss of the mother-child connection, she indicates that only by learning to relinquish people, places, situations and emotions that concern us at stages of life from childhood to old age can we develop a positive identity and self-image. We must realize, she argues, that these losses are a necessary part of life and growth. A strong sense of self will help us remain positive in the face of the many physical and psychological losses of old age and to accept life's final loss that is death. Losing, Viorst concludes, is the price we pay for living.

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From Library Journal

Viorst, poet and Redbook contributor, is also a research graduate of the Washington Psychoanalytic Institute, and has worked in psychiatric settings. Her topic is loss because everyone must cope with it throughout life: childhood ends, we recognize that our expectations are unrealistic, friends and family members die, ultimately we die. Viorst offers a competent journalistic treatment of the subject, drawing upon psychoanalytic theory, interviews, and literature, and includes notes and a bibliography. Most of what she says has been said elsewhere, especially in books on mid-life crisis. Popular collections will want to have this because Viorst is known, but readers who expect a profound or truly personal approach to the topic may be disappointed. Margaret Allen, M.L.S., West Lebanon, N.H.

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Benjamin Spock, M.D. This perceptive book should absorb and enrich anyone who admits to being human.

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From grief and mourning to aging and relationships, poet and Redbook contributor Judith Viorst presents a thoughtful and researched study in this examination of love, loss, and letting go.

Drawing on psychoanalysis, literature, and personal experience, *Necessary Losses* is a philosophy for understanding and accepting life's inevitabilities.

In *Necessary Losses*, Judith Viorst turns her considerable talents to a serious and far-reaching subject: how we grow and change through the losses that are a certain and necessary part of life. She argues persuasively that through the loss of our mothers' protection, the loss of the impossible expectations we bring to relationships, the loss of our younger selves, and the loss of our loved ones through separation and death, we gain deeper perspective, true maturity, and fuller wisdom about life. She has written a book that is both life affirming and life changing.

- Sales Rank: #22325 in Books
- Brand: Free Press
- Published on: 1998-01-05
- Released on: 1998-01-05
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x 1.20" w x 5.50" l, .90 pounds
- Binding: Paperback
- 448 pages

Features

- Great product!

From Publishers Weekly

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Most helpful customer reviews

67 of 69 people found the following review helpful.

Necessary Losses by Judith Viorst

By Debra A. Katz

I haven't finished the book yet, but I find that after five years of intensive therapy I have finally found a self-help book that has helped me with a breakthrough which I have been unable to make. I have cried through it and found it very well written for the laymen. To think I used to love her children's books, especially, "Alexander and the terrible, horrible, no good awful day". She knows from whence she speaks and has helped me to realize that life is full of losses from the moment we are born. It is how we are taught to deal with them that enables us to become as well adjusted adults as we can be. It isn't just about people who have died, it is about living with losses through separation, from child to adult; losses of periods of our lives, losses of joy, or even emotions. I can't say much more. My therapist, who is excellent, told me I was ready to read the book, and I was and still am. And I love being able to cry and mourn the losses that I always thought were silly to feel anything about.

36 of 37 people found the following review helpful.

Very inspiring!

By A Customer

This book allows us to understand that letting go of some things is part of a maturation process in life. Though many people commonly feel like letting go is like giving up and being a loser, we also know that the most important lessons in life are learned from our losses. This author sheds some light on the important difference between these two things by providing us with interesting examples from her experiences. I think this book is excellent for people who are at the brink of letting go of something important to them. It gives them an extra bit of inspiration to let go and move on with their lives. For people who are not near this stage, this book may not make much sense simply because they are not yet emotionally ready for the next step. Another book that is excellent in explaining the emotional process of letting go and how that relates to personal development is "The Ever-Transcending Spirit" by Toru Sato. It explains these seemingly complex things in such a simple way that it is absolutely stunning!

0 of 0 people found the following review helpful.

An explanation of the things we lose in order to mature.

By Dianna Banks

I first read this book many years ago but found I needed it again when going through a difficult period in my life. It explains many things we have to do to reach maturity and the things we lose along the way. I recommend this book to anyone who is struggling with losses in their life. Necessary Losses: The Loves, Illusions, Dependencies, and Impossible Expectations That All of Us Have to Give Up in Order to Grow

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Based on some experiences of lots of people, it remains in fact that reading this **Necessary Losses: The Loves, Illusions, Dependencies, And Impossible Expectations That All Of Us Have To Give Up In Order To Grow By Judi** could help them making far better selection and give more encounter. If you wish to be one of them, let's purchase this publication **Necessary Losses: The Loves, Illusions, Dependencies, And Impossible Expectations That All Of Us Have To Give Up In Order To Grow By Judi** by downloading the book on link download in this site. You could get the soft data of this publication **Necessary Losses: The Loves, Illusions, Dependencies, And Impossible Expectations That All Of Us Have To Give Up In Order To Grow By Judi** to download and install as well as deposit in your offered digital tools. What are you awaiting? Let get this book **Necessary Losses: The Loves, Illusions, Dependencies, And Impossible Expectations That All Of Us Have To Give Up In Order To Grow By Judi** online and read them in whenever and also any kind of area you will certainly check out. It will certainly not encumber you to bring heavy book **Necessary Losses: The Loves, Illusions, Dependencies, And Impossible Expectations That All Of Us Have To Give Up In Order To Grow By Judi** within your bag.

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