



Bitter or Better

By Don Forrester

Tate Publishing Company, United States, 2015. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Life can change in an instant. The communication of news that emotionally knocks one to their knees and forever changes their world may come from any number of sources. It may begin with the ringing of a telephone in the middle of the night. It could follow the sound of the doorbell and discovery of a stranger on the other side of the door. Sometimes it is the flashing lights of an ambulance parked in your drive. The circumstances all differ, but the results are the same. Suddenly and abruptly, the overwhelming sense of loss and emotional pain make it difficult to catch one's breath or even want to take the next step or face a new day. Living with an empty chair isn't easy. In his book, Bitter or Better: A Personal Journey Through Grief, Don Forrester provides the details associated with his pilgrimage through grief. Upon learning the news that his twin brother's plane had disappeared over North Vietnam during the Christmas bombing raids of 1972, he writes, Initially I felt half dead. It was...



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