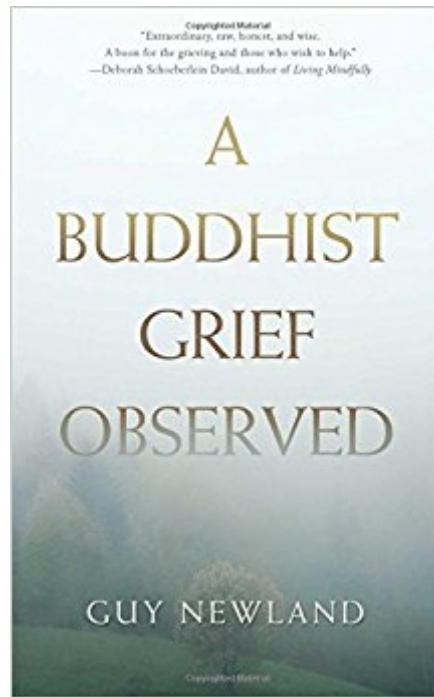


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# A Buddhist Grief Observed



## Synopsis

Amid the world-shattering pain of loss, what helps? After the death of his beloved partner from cancer, Newland finds himself asking how effective his long years of Buddhist practice have been in helping him come to terms with overwhelming grief. This finely written book offers a lucid meditation on what it means to practice the Dharma when everything falls apart.

• Stephen Batchelor, author of *Buddhism without Beliefs* and *After Buddhism* In the tradition of C. S. Lewis's *A Grief Observed*, Guy Newland offers this brave record of falling to pieces and then learning to make sense of his pain and grief within his spiritual tradition. Drawing inspiration from all corners of the Buddhist world—from Zen stories and the Dalai Lama, to Pema Chödrön and ancient Pali texts—this book reverberates with honesty, kindness, and deep humanity. Newland shows us the power of responding fully and authentically to the death of a loved one. A sad, beautiful, and necessary book and a map waiting for many who will need it.

• James Ishmael Ford, author of *If You're Lucky Your Heart Will Break* Guy Newland faces squarely the pain of death and the pain of grief and offers a work of uncommon power, insight, and honesty and extraordinary compassion.

• Jay L. Garfield, author of *Engaging Buddhism*

## Book Information

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## Customer Reviews

I preordered this book, and frankly, forgot about it until it arrived in my mailbox. Timing, they say, is everything, and the timing of this arrival was perfect. To be honest, I'm not sure why I ordered it, other than it looked interesting. Between that date and the date of its arrival, much changed in my life. Three of my friends announced they had received diagnoses of terminal illness. One has since

died. So, when this book came, it was like water for the parched desert. This is not a book to tell you how to work through your grief. This is a book that tells you how Guy Newland worked through his grief. It is a book of guideposts one is free to follow, or not, depending on their own situation. It is also a book for caregivers and friends of those who are dying or are friends of the bereaved. This is not a book just for Buddhists, it is a book for those who suffer loss. It is well written, and accessible. It is a book about coping, surviving, and growing through grief. I highly recommend it to everyone who has suffered a loss, or who will suffer a loss.

This is a book for anyone who has, or will, lose someone they love. In other words, this is a book for all of us. Guy Newland openheartedly shares the wisdom of his experience as he navigated the loss of his wife. His path is informed by his extensive knowledge of Buddhism, but it is even more informed by his awareness of his own experience and his profound ability to hold the bothness of love and loss. He skillfully makes room for the variability and range in all of our experiences, serving as a caring and understanding guide through a trying, painful journey. I am so grateful to the author for his willingness to share his own pain in order to help the rest of us find ways to navigate ours. I plan to share this book with the people I love.

My beloved husband died on the 4th of July, and an ad for this book came just a few days later. It is so appropriate and full of excellent observations that I found it easy to read at a time when I could almost not see for the tears that would not stop. It had many references well described and recommended so I ordered ones I thought might continue the feeling of almost reading my way into a grief support group. None of the others have been anywhere near as good as Newland's. For some it may seem a little harsh, but I was so relieved to be in the presence of a writer who doesn't think "everything's going to be O.K." or that there's some esoteric god-like thing out there somewhere who's going to take care of you. Deep grief in the wake of the death of the love of your life is hell on earth, and he knows it and has survived it. Nobel Truth #1 is "Life is suffering" after all. And yes, attachment is a great deal of what this kind of love is. And totally letting go of it is, by our nature, not really possible.

For me this is one of the best "grief" books I have read. I love the honesty and clarity of it. Highly recommended!

I found A Buddhist Grief Observed very interesting and enlightening in several ways. It taught me

that there are many "versions/sects" of Buddhism just as there are in many other religions, and that sometimes the teachings disagree with each other. It reinforced that no matter what our backgrounds or religious beliefs, we as human beings all feel the same things, want the same things for our families, worry about the same things. We are much more alike than we are different, and grief is a hard thing for any of us to tackle. My thanks to the author for letting us witness his grief, his struggle with it, his questioning of his religion, his attempt to make sense of a painful, without sense happening in his life. Thanks too to NetGalley and Wisdom Publications for allowing me to read and review this book in exchange for my honest opinion.

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