There Is No Goodbye: Living with the Loss of a Child
By Nancy Kandal
Reviewed by Ginny Sparrow, Editor

A fabulous look into the mind of the grieving mother, it is with pleasure to recommend There Is No Goodbye to those who have lost someone and to those who wish to help the survivors.

Easily read in one sitting, There Is No Goodbye is a simple book, with short "poems" or thoughts on each page. Absolutely no effort required to get through this one, as the newly bereaved has no energy to spare. Each page is the author's feelings that day, feelings raw and tortured after the suicide of her son, Josh, in December 2010.

Survivors are often encouraged to journal but some find it extremely difficult. Nancy Kandal offers a simple approach and shares her style in the compilation of all her thoughts over 95 painful days.

Below is an example of her work:

Page 32

I hope my mourning doesn't disturb you
I have to believe that you are at peace now
Or my heart will break and I will die too.

Some days prove to be a celebration:

Page 14

We had fun you and I
We had ourselves some fine fun

With no advice, no "look at me I've survived the greatest loss of all here's my badge of honor", and no answers to the question of "how will I live through this pain", Nancy bares her soul and gives survivors a friend to spend a lonely night with.