

HOW LOSING
A PARENT
CAN CHANGE
AN ADULT'S
LIFE—FOR THE
BETTER



Death Benefits

Jeanne Safer, Ph.D.

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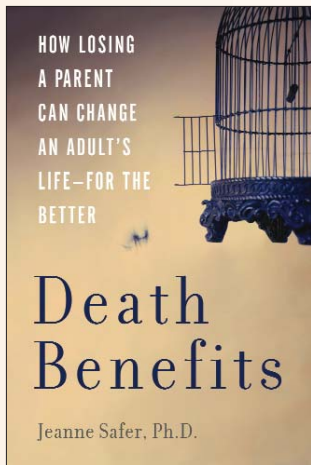
Psychotherapist Jeanne Safer explores the previously unexplored opportunities for growth that adults can discover through the grieving process following a parent's death.

"This optimistic book breaks a powerful taboo." —*St. Petersburg Times*

Five percent of the population loses a mother or father every year, and few of us are psychologically prepared for the experience. In *Death Benefits*, Jeanne Safer demonstrates through powerful stories, including her own revelatory experience, how parent loss is the most potent catalyst for change in middle age because it encourages self-reflection and offers us our last, best chance to become our truest, deepest selves. Safer challenges the conventional wisdom that fundamental change is only for the young and that loss is something simply to be borne or overcome. Filled with moving and engaging stories of real men and women re-imagining themselves after a parent's death, *Death Benefits* is a fresh, impassioned, and sophisticated look at self-transformation in later life.

May 2008, 240 pages, 978-0-465-07211-8, \$25.00, hc

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JEANNE SAFER has been a psychotherapist for thirty-five years and is the author of *The Normal One* and *Forgiving and Not Forgiving*. Her work has also been published in the *New York Times*, the *New York Times Book Review*, and the *Wall Street Journal*.

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