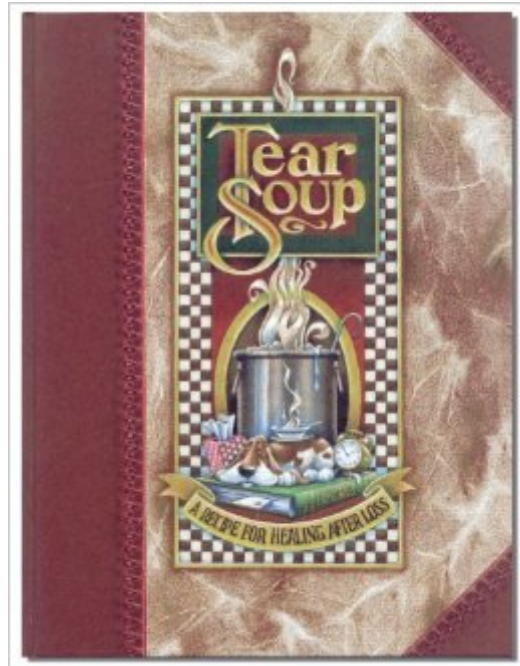


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# Tear Soup: A Recipe For Healing After Loss



## Synopsis

If you are going to buy only one book on grief, this is the one to get! It will validate your grief experience, and you can share it with your children. You can leave it on the coffee table so others will pick it up, read it, and then better appreciate your grieving time. Grand's Cooking Tips section at the back of the book is rich with wisdom and concrete recommendations. Better than a casserole! Hardbound; 56 full-color pages. Affirms the bereaved. Educates the un-bereaved. A building-block for children..... WINNER! of the 2001 Theologos Book Award, presented by the Association of Theological Booksellers.

## Book Information

Hardcover: 56 pages

Publisher: Grief Watch; 5th edition (June 1, 2005)

Language: English

ISBN-10: 0961519762

ISBN-13: 978-0961519766

Product Dimensions: 8.7 x 0.4 x 11.4 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (835 customer reviews)

Best Sellers Rank: #1,881 in Books (See Top 100 in Books) #3 in [Books > Self-Help > Death & Grief > Grief & Bereavement](#) #5 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Death & Dying](#) #43 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

My across-the-street neighbor suddenly passed away, leaving behind a grieving widow and beautiful 6-year old son. I went to the book store and came across this book. There's not a lot out there on grieving for kids. Reading this book, I was moved to tears right there in the bookstore aisle. The pictures are marvelous as is the story. This book tells of 'Grandy', who loses 'someone close'. Especially helpful is that it doesn't specify who the 'someone' is, so it can fit into any situation. Grandy and Grampy are making tear soup. The book tells how people are afraid to approach someone who's grieving, and how people who try to be helpful, sometimes are not. It follows the stages of grief, and how you have to allow yourself all the time you need. In the end, the hardest

day comes, and Grandy puts the tear soup away in the freezer to taste now and then. Her grandson says, "What will I do when you die, Grandy?" And she replies, "I'll leave you my recipe for tear soup." Gorgeous. I now keep a copy of this book on hand for those grieving in all walks of life. I've given it to my doctor when his daughter was suddenly killed in an accident, and a copy went to my cousin when her father suddenly died of a heart attack. This book is also useful in reminding all of us that the grieving process is not just about death, but any sort of loss in our life, ranging from a mild disappointment to a "not to be borne" situation.

Written in a children's book format - with simply worded concepts, wonderfully colored pictures, and a creative idea - this is one of those great books that actually feels written for adults as much as for school-age children. I've used lots of books on grief in 30 years of practicing psychotherapy. And this is the best! It's written in a way that gives the grieving mind and exhausted spirit a quick, hands-on idea of what's happening, and it gives fabulous permission to every reader to absolutely do your grief "your way." I've given out perhaps 25 copies. Some come back. Others set out on a journey of their own. And I love that they do. I feel like "the Lupine Lady" (reference to another children's book.) I'd like to thank the authors, if they ever read their reviewers, for a heart-felt gift to us.

I am a Marriage and Family Therapist who recently lost my beloved Mother. Her death was sudden and unexpected. I received this book as a gift to help me through my first birthday without my Mother. This book is absolutely tremendous in its ability to address the truth of grief. This is a must have for both the bereaved and any professional who works with clients both young and old. I particularly enjoyed the way the book addressed the responses of the people around the bereaved--it was very healing and I will be purchasing several copies to give to people who have suffered a great loss.

In this modern fable, accompanied with full color illustrations, a woman who has suffered a terrible (unnamed) loss cooks up a special batch of "tear soup," blending the unique ingredients of her life into the grief process. Along the way she dispenses a recipe of sound advice for those who are in mourning or know someone who has suffered a loss. With more than 60,000 copies in print, Tear Soup is one of the most popular grief resources available for children and adults.

My dad died suddenly in June, 2002; my mom died, after living with cancer, in January 2003. Someone sent me this book and it was the best piece I have read on grief. I am ordering multiple

copies in memory of my parents. I will distribute them to elementary and secondary schools, hospice facilities and chaplains. Anyone who works with grieving people will want this book!

Tear soup is a wonderfully illustrated children's book for adults written about how we each individually grieve loss in our lives. The story is about "Grandy," but she could just as easily be me or you, and Grandy has suffered a loss, so Grandy begins to make tear soup. Tear soup cannot be made just out of a can, but is an individual process, as unique as each chef; and only through the soup making can we fully heal and move on. The full page illustrations through which the text of the story run show an even richer tale of the other people and pets in Grandy's life who interact with her recipe and add a powerful depth to an already touching story which you can't help but relate to your own life.

Grieving is such a strong emotion, whether or not we do it by crying loudly or silently sitting in our own little space and softly whimpering. This book helped me to realize that everything I am feeling since my mother passed away is something, someone, somewhere has felt before. The world has been revolving for years, but when it came my time to give up my mother, it felt like it should stop. My friend brought this book to me and read it aloud. While the tears flowed freely and so easily down my face, it felt like the words from this book were pouring out of my heart and onto the pages. Someone else knew what I was feeling!!!! I know only time can help heal such pain. I am thankful I have a friend who loved me enough to pass this book along and share it and her time with me. Friends and family are so very important. Share this book with someone who is going through the grieving process. It is a God-send.

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