

## **Get Over It! Surviving Grief to Live Again**

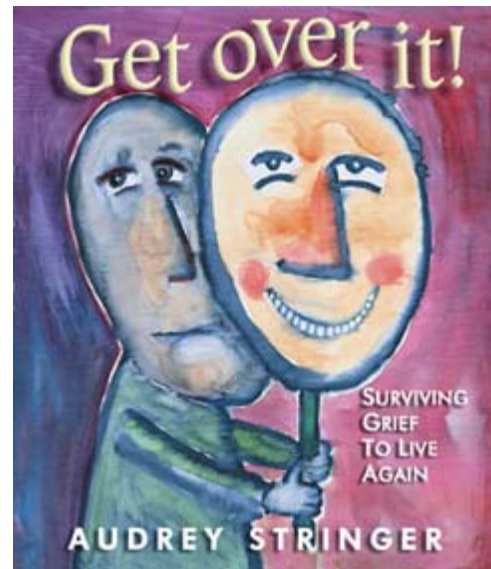
by Audrey Stringer (A String of Hope, Inc.) \$19.95 [www.astringofhope.com](http://www.astringofhope.com)

REVIEWED BY BRAD MORRISON

“Are you over your grief yet?” The question would leave author Audrey Stringer feeling hurt and angry. *Get Over It!* is Audrey’s response to this difficult question. This pocket-sized book describes one woman’s long journey to finding hope—and the wisdom to help others heal and live again.

In seven short years, Audrey was overwhelmed by the death of her son Steven, granddaughter Tate, and husband Rhod. While writing the book, she suffered the loss of her grandmother and the sudden death of her mother. Throughout these hardships, Audrey maintained a personal journal and a commitment to be connected to the people and world around her.

The book stitches together three layers: Audrey’s raw journal entries, her reflective storytelling, and her refined offers of advice. Giving advice, especially to grieving folk, can be difficult. But the design and layout of *Get Over It!* allows for Audrey’s gentle advice to arise out of her personal story and experience.



Chapters on healing rituals, navigating guilt, and rediscovering intimacy help the reader to reflect on their own experience. Advice on social support, children, holidays, finances and decision-making are given in bite-sized morsels that are more easily digested by bereaved readers. Audrey’s reflections on rekindling the spirit and nurturing faith are gentle encouragements to readers seeking to renew their spirituality in the aftermath of death.

*Get Over It!* is a reader-friendly companion for anyone embarking on the long journey to finding hope. The book is a real and caring way for clergy, counsellor and concerned friends to help parishioners, clients and loved ones.