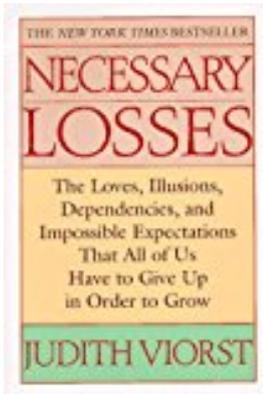


[PDF] Necessary Losses

Judith Viorst - pdf download free book



Books Details:

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Description:

From Publishers Weekly Personal experience, great literature liberally quoted here, and study of psychoanalytic theory are combined in this far-ranging, somewhat rambling book by Redbook columnist Viorst to demonstrate that growing and aging involve a succession of conscious and unconscious losses, including the loss of youth. Citing examples, and starting with the loss of the mother-child connection, she indicates that only by learning to relinquish people, places, situations and emotions that concern us at stages of life from childhood to old age can we develop a positive identity and self-image. We must realize, she argues, that these losses are a necessary part of life and growth. A strong sense of self will help us remain positive in the face of the many physical and psychological losses of old age and to accept life's final loss that is death. Losing, Viorst concludes, is

the price we pay for living.

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From Library Journal Viorst, poet and Redbook contributor, is also a research graduate of the Washington Psychoanalytic Institute, and has worked in psychiatric settings. Her topic is loss because everyone must cope with it throughout life: childhood ends, we recognize that our expectations are unrealistic, friends and family members die, ultimately we die. Viorst offers a competent journalistic treatment of the subject, drawing upon psychoanalytic theory, interviews, and literature, and includes notes and a bibliography. Most of what she says has been said elsewhere, especially in books on mid-life crisis. Popular collections will want to have this because Viorst is known, but readers who expect a profound or truly personal approach to the topic may be disappointed. Margaret Allen, M.L.S., West Lebanon, N.H.

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