

(Continued from front flap)

“When you sit with people by their death beds, help negotiate a truce to their domestic violence at 2:00 a.m.; when you listen to the grisly details of rape, incest, abuse, or other violence they have suffered; when you pray with them over a dying child in the intensive care ward; when you bury their loved ones, you hear things others don’t hear.”

—HERB ORRELL



HERB ORRELL, an ordained pastor, has been “hearing things others don’t hear”

ever since he found his calling in ministry.

During his years serving the church, Orrell was often first on the scene, hearing and seeing what happened before the police were called, before any doctor delivered news and before individuals had time to gain composure. After seeing, first-hand, the many faces of grief, Orrell decided to share that truth with the world. *Unspeakable* is his story and one that we all share.

Visit the author at his web site:
www.healmygrief.com



www.BayouPublishing.com

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HOPE AND HEALING FOR ALL WHO GRIEVE

WE ALL CLING TO THE PROMISE that grief is a series of predictable stages that will run its course. We expect to start feeling *better* at some point. But the truth is, most of us end up trapped in an anger and despair so intense that it becomes an unbearable, *unspeakable* secret.

THIS REMARKABLE BOOK BREAKS THE SILENCE FOR ALL OF US. By offering the first new perspective on grieving in more than thirty years, author Herb Orrell challenges everything we’ve been led to believe about the grieving process. Breathtakingly honest and insightful, he shows us grief the way it really is and healing in a way that’s finally possible. Through his own journey and the stories of those he’s counseled, you begin to see the often surprising ways each of us can make peace with our pain.

THIS HEALING JOURNEY SHOWS YOU:

- How “the grief process” fails us
- Why asking “Why me?” is critical to the healing process
- What to do with your anger at God, yourself and others
- When you know you’re *ready* to move on
- That hope waits for you, in the “hidden stage” of the grieving process

“Grief IS unspeakable, and here's how to handle it with enlightenment, grace and aplomb.”

—MARK VICTOR HANSEN

Co-creator, #1 New York Times best-selling series
Chicken Soup for the Soul®

“Read this book if you have experienced profound grief and are ready to give up. In these pages you will find honesty, courage, love and hope, and maybe a God you can believe in again.”

—DR. JAMES BANKSTON, Senior Pastor
St. Paul’s United Methodist Church, Houston, TX

SELF-HELP / INSPIRATION

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UNSPEAKABLE The Truth About Grief

HERB ORRELL



UNSPEAKABLE

The Truth About Grief

HERB ORRELL

\$24.95 U.S.

**“IF TIME HEALS ALL WOUNDS...
WHY DON'T I FEEL BETTER YET?”**

We’ve all been led to believe that we will move smoothly through the stages of grief—from denial, anger, bargaining, and depression to acceptance. But it turns out that there’s a hidden stage in the grieving process. Before we truly accept our loss, most of us are determined to find *meaning* in it.

**“There is a miracle waiting
for all who grieve.”**

—HERB ORRELL

Herb Orrell examines the *real* grieving process from the inside out—through his own decades-long journey through loss and those he has counseled in their darkest hours. Bringing the reader to a place where no grief book has gone before, Orrell speaks out about the anger, guilt, fear and despair that we all experience but treat like some terrible secret. His refreshing and outspoken voice, his stories and his own search for meaning free us to find our *own* way through grief to a life of peace, acceptance and finally moving on.

(Continued on back flap)