

How Long Does It Hurt?

A Heartbreaking and Hopeful Guide to Loving and Losing



How Long Does It Hurt?: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families by Cynthia L. Mather

★★★★☆ 4.5 out of 5

Language : English

File size : 4466 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 288 pages

Lending : Enabled



In *How Long Does It Hurt?*, Susannah Cahalan offers a raw and honest account of her journey through grief after losing her husband. With compassion and wisdom, she explores the physical, emotional, and spiritual pain of grief, and offers hope for healing.

Cahalan's story is both heartbreaking and hopeful. She writes about the overwhelming pain of losing her husband, but she also writes about the love and support that helped her to heal. She shares her experiences with therapy, medication, and support groups, and she offers advice for others who are grieving.

How Long Does It Hurt? is a must-read for anyone who has ever experienced loss. It is a book that will help you to understand your grief and to find hope for healing.

Praise for *How Long Does It Hurt?*

"A powerful and moving account of one woman's journey through grief. Cahalan's writing is honest, raw, and ultimately hopeful. This book is a must-read for anyone who has ever experienced loss." - **Ann Patchett, author of *Commonwealth***

"A beautiful and heartbreaking book about love, loss, and healing. Cahalan's writing is both lyrical and insightful, and her story is sure to resonate with anyone who has ever experienced the pain of losing a loved one." - **Hanya Yanagihara, author of *A Little Life***

"How Long Does It Hurt? is a gift to those who are grieving. Cahalan's writing is compassionate, honest, and hopeful. This book will help you to understand your grief and to find healing." - **Elizabeth Gilbert, author of Big Magic**

About the Author

Susannah Cahalan is a journalist and author. Her work has appeared in The New York Times, The Atlantic, and The New Yorker. She is the author of the bestselling memoir **Brain on Fire**, which was adapted into a film starring Chloë Grace Moretz.

Cahalan lives in New York City with her husband and two children.

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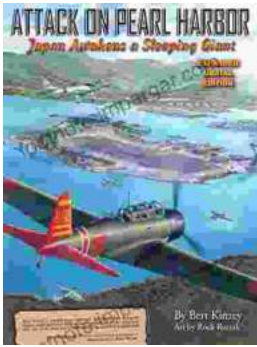
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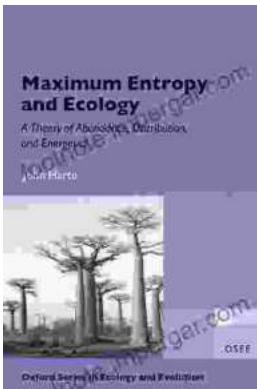
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