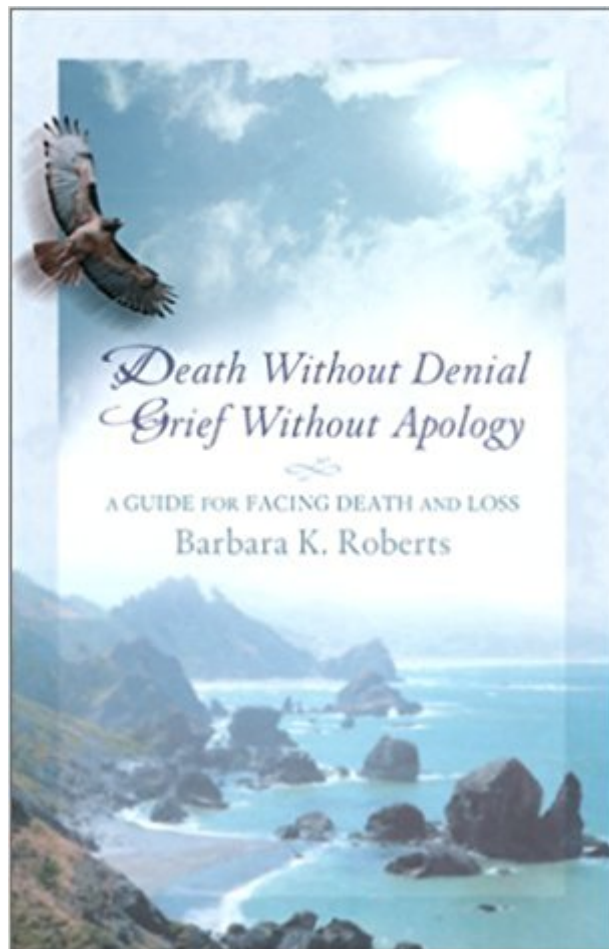




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# Death Without Denial, Grief Without Apology: A Guide For Facing Death And Loss



## Synopsis

When former Oregon Governor Barbara Roberts' husband, Frank Roberts, was dying from lung cancer, she had to look inside of herself as well as beyond herself to find ways to survive what felt unbearable. What Barbara Roberts learned during the final year of her husband's life, and her subsequent years of grieving, fill the pages of this honest and inspiring new book. At the time of Frank's cancer recurrence, Barbara was governor of Oregon, and Frank was an Oregon State Senator; both passionately committed to their work and to one another. Together they had faced many challenges, but Frank's impending death would be their final, and perhaps their most trying and enriching journey. The Roberts turned to hospice for guidance and assistance once Frank decided to stop medical intervention. This practical and compassionate guide looks at the personal as well as the societal issues surrounding death and grief. Written for both the individual facing death and for those who must grieve after a death, Roberts offers readers enthusiastic support to abandon the silence that too often accompanies impending death and those who must grieve. Chapter titles include "A Culture in Denial," "Hospice," and "Permission to be Weird."

## Book Information

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## Customer Reviews

In this moving, candid, and personal story, former Oregon governor Barbara Roberts talks about the year long process of losing her husband, and the much longer process of grieving after his death. The book begins in December, 1993 in the Governor's Mansion in Salem, OR, as a grieving Governor Roberts comes home at night to hug the urn with her husband's ashes, kiss his photograph, and tell him how her day went. Although Roberts acknowledges that some might find

this kind of grieving 'not appropriate' 'weird' or 'crazy' , she emphasizes that whatever form of grieving brings the most comfort to the suffering is the best kind. She also says of the grieving process 'it will take as long as it takes.' Four years after surviving prostate cancer, State Senator Frank Roberts was diagnosed with terminal lung cancer in October, 1992. He and Barbara were both astonished when his doctor then suggested chemotherapy. The couple quickly rejected the suggestion, and instead turned to Hospice. Throughout the book, Roberts praises Hospice and their outstanding care for her husband and support for his family. She describes how Hospice was there for them right up until Frank's death on Halloween 1993, three weeks after a stroke had taken away his ability to speak. For Roberts, as for others, the grieving process was a long and sometimes painful journey. The memories of her husband, triggered by anything from a sunset to his personal belongings, would bring back a flood of memories that caused sadness and loneliness. Gradually, though, the memories turned to feelings of warmth, as she could celebrate Frank's life and accept his loss. Senator Frank Roberts was an early sponsor of the 'Death with Dignity Act' that Oregon voters voted into law a year after his death.

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