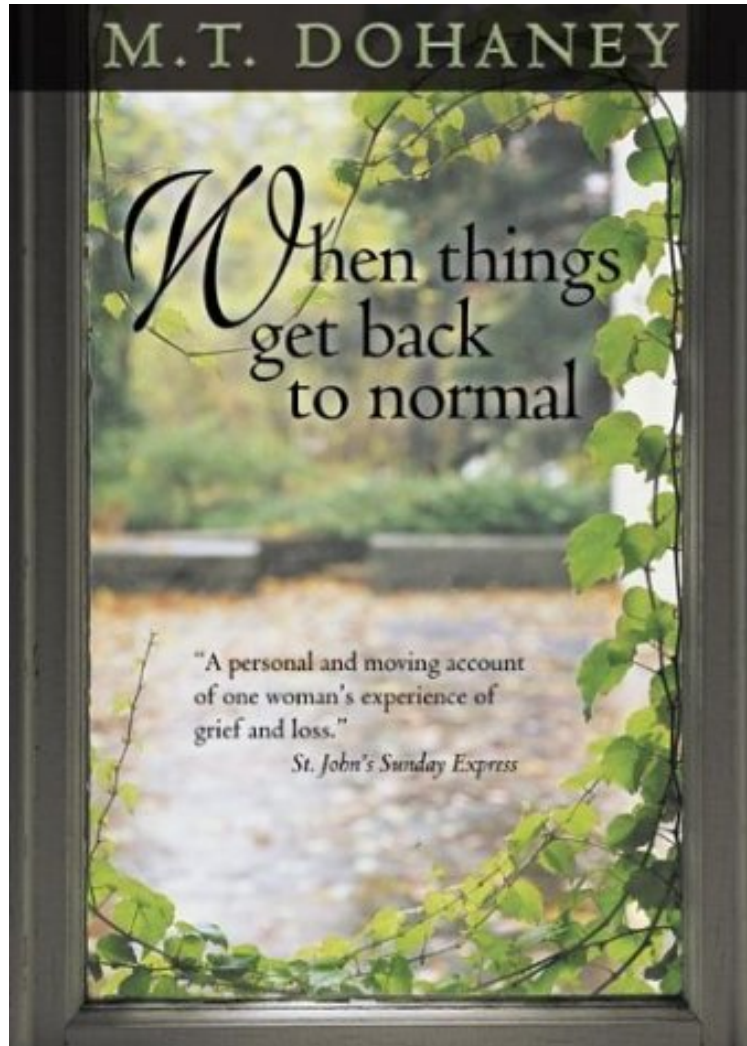


[Ebook free] When Things Get Back to Normal

When Things Get Back to Normal

M.T. Dohaney

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M.T. Dohaney : When Things Get Back to Normal before purchasing it in order to gauge whether or not it would be worth my time, and all praised When Things Get Back to Normal:

0 of 0 people found the following review helpful. Five Stars By Zebra Girl A+++ Great Book!!! 4 of 4 people found the following review helpful. Touching and evocative first-person account for mourners By Michael Deutsch I picked this off a bookstore shelf a couple of weeks ago, and I'm VERY glad I did. "When Things Get Back to Normal" is a small-sized paperback, consisting of the journal the author kept for a year following her husband's unexpected death. It's not a book *about* death and grieving; it's a book (a striking, beautiful, gut-level one) that expresses how one person was *hit* by it, and how things looked through her eyes as she came to grips with what happened and eventually began to

pick up her life again. I (age 29) lost my mom (age 55) equally suddenly, three months ago, and I've had a hard time finding a book that spoke to me on the level I needed. The grief "handbooks" weren't doing it for me; I was put off by eminently qualified counselors and academics softly reassuring me about the "normal" steps of grieving. I headed into my mourning with an open mind, receptive to whatever my heart and head wanted to give me, so their reassurances rang hollow. Nor were flowery and poetic books giving me what I needed. I just wanted to read something, in a person's real voice, that resonated with the way I felt -- cheated, desperate, wounded. I found it in this little gem. This book is private, sometimes raw and painful, and other times intimate and adoring, even funny. The journal-entry format makes it perfect for bite-size reading (and if you've just lost a loved one you may only be able to handle one of these perfect, painful little bites at a time). It is clearly written not by a counselor, but by a wife longing for her husband, in real-time and in her own voice. Anyone who has lost an intimate relative will recognize the adoration and longing she feels for him, and probably the occasional anger and resentment too. I know I saw my relationship with my mom in dozens of places in this book. She misses his little quirks, re-lives their old times and re-visits their future plans, left meaningless without him to share them. She records the everyday shocks and little losses, the downs of personal torment and the gradual little ups of healing, the larger meanings and philosophical questions of life after losing a loved one. In the Afterword, Dohaney, a writer by profession, explains that that notebook she wrote these pages in was a gift from a friend just after her husband's death. She started keeping the journal just for herself, and only several years later did friends in the business convince her to publish it. Probably *because* it wasn't written with the eventual book in mind, her writing is the best of the first-person accounts I've seen. I've finished the book now, but I think I've only progressed in my own mourning about as far as her half-way point. I have a sense I'll be re-reading this again and again as I go, feeling familiarity with more and more of it each time. I don't yet identify with the end of the book, where she starts to feel ready to live the rest of her life without her husband. I'm still stuck on the pain of the loss (recent mourners can relate, I'm sure) and somehow it makes me nervous/uneasy to think I'll ever be "over" the loss to that degree. But I'm willing to go along for the ride because everything she's said so far has resonated so deeply for me. From my perspective, this book should be on the reading list of anyone who has lost a lover, spouse, or close loved one.

One Friday, Walter Dohaney, novelist M.T. (Jean) Dohaney's husband, went out as usual to play hockey with his friends. She never saw him alive again. Without warning, Jean was plunged into the most painful and disorienting experience of her life. Faced with a tumult of emotions and sudden responsibilities, she turned to her writing for solace and began a journal. In her journal, Dohaney's sharp sense of humour and her impatience with conventional pieties lay bare the depth of her bereavement, yet at the same time they express the life force within her. She is frank about her anger at Walt for playing hockey despite his heart condition and for not being there to take care of the house and family; she faces her annoyance at sincere well-wishers who say exactly the wrong thing; and she exposes her distressing loneliness. When *Things Get Back to Normal* is a compassionate yet bracing companion for those struck down by loss, which indirectly gives practical advice about the changes that come with widowhood. Two years after her husband's death, Jean agreed to publish her journal. When *Things Get Back to Normal* gained critical acclaim when it was first published in 1989, but its finest praise came from the dozens of people who wrote and called to tell the author how it had helped them through their own grief. When Jean's novel *A Fit Month for Dying* was released in 2000, the publicity surrounding the book prompted a flurry of phone calls to the publisher from people seeking copies of *When Things Get Back to Normal*. During the next year Goose Lane Editions sought out and acquired the book. The new edition will be released in March of this year, due in no small part to the many readers who took the book, and Jean Dohaney, into their hearts. Author Helen Fogwill Porter was one of the many that found strength in *When Things Get Back to Normal* when her husband died, and her introduction to this new edition offers her own experience of "normalcy." Jean Dohaney's new afterword tells where she is now, fifteen years after Walt's death.

From the Inside Flap One Friday evening, M.T. Dohaney's husband went out to play hockey with his friends. She never saw him alive again. To help herself through this catastrophe, Dohaney recorded a year's worth of pain and anger as well as her gradual and unexpected healing in the journal that became *When Things Get Back to Normal*. From the Back Cover One Friday evening, M.T. Dohaney's husband went out to play hockey with his friends. She never saw him alive again. To help herself through this catastrophe, Dohaney recorded a year's worth of pain and anger as well as her gradual and unexpected healing in the journal that became "When Things Get Back to Normal." About the Author M.T. (Jean) Dohaney was born in the small village of Point Verde, Placentia Bay, Newfoundland. She moved to Fredericton in 1954, where she completed her BA in English at the University of New Brunswick. She holds both a MA and PhD in literature from the University of Maine and Boston University, respectively. In 1988, she released her first book, *The Corrigan Women*, which was followed by *To Scatter Stones* in 1992, *A Marriage of Masks* in 1996 and *A Fit Month for Dying* in 2000.