



Learning to Live, Laugh, And Love Again After the Death of an Adult Child

Jan Jaworski

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Learning to Live, Laugh and Love Again, After the death of an Adult Child shares my journey of learning to move forward with my life after the sudden death of my daughter, Karen, to cancer at the age of 31. This is a story only a mother can write as a gift to another mother. This book shares with readers, my ups and downs as I struggle to rebuild my life, and marriage in the midst of terrible grief. Grieving is not for the weak. Grief is exhausting, both mentally and physically. The journey builds strength of character; the griever works and learns what works for herself and those around her. Join with me as I share with you how I managed to pick up the pieces of my life. Today, I am a woman of great strength who still has a lot of living ahead of me. I was a housewife enjoying the empty nest years. I had two grown children and a wonderful husband. Then suddenly my life was turned up side down when my 31 year old daughter, Karen, died suddenly of cancer. I searched for a way to pick up the pieces of my life and forge a new life for myself and my family. I scoured the bookstores looking for a book written from one grieving mother to another. I couldn't find the book I was looking for so I decided to write it. There is no single word in the English language to describe the death of a child, as it is far too painful to put into one word. Please join with me now as I share my healing journey with you. If I can do it, so can you. Together we will cry, together we will heal.

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