



# Learning to Laugh When You Feel Like Crying: Embracing Life After Loss

*Allen Klein*

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## **Learning to Laugh When You Feel Like Crying: Embracing Life After Loss** Allen Klein

*Learning to Laugh When You Feel Like Crying: Embracing Life After Loss* accomplishes just that in an easy-to-digest, warm, and highly-accessible format. Anyone who has experienced the loss of a loved one can greatly benefit from this book, which was inspired firsthand by the loss of author Allen Klein's wife. Klein addresses the subject with expert awareness and wisdom and breaks it down into five sensible and encouraging steps: losing, learning, letting go, living, and laughing. The book is a steadfast compass that offers hope and resilience to anyone trying to navigate through dark times. Foreword by Earl A. Grollman, author of *Living When a Loved One Has Died*.

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