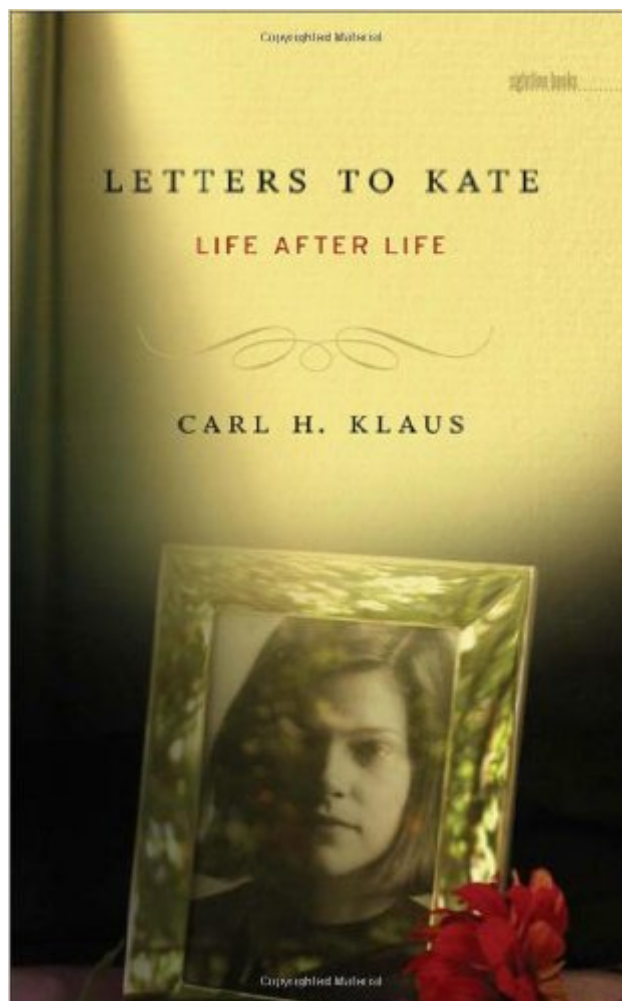


The book was found

Letters To Kate: Life After Life (Sightline Books)



Synopsis

Sorrow is not a state but a process that needs not a map but a history. . . . There is something new to be chronicled every day," writes C. S. Lewis in *A Grief Observed*. When Carl Klaus's wife of thirty-five years died suddenly from a cerebral hemorrhage, right before Thanksgiving in 2002, he took the only road toward recovery that made sense to him: he started writing letters to her, producing a unique history of grief, solace, and love. His vivid and thoughtful letters will resonate with everyone whose loss confronts them with emotional, psychological, and philosophical questions for which there are no easy answers. During his first year without Kate, Carl writes himself into the life that comes after the life he loved. From days of grief in the darkness of a midwestern winter, to springtime, with a return to life in the garden and a memorial service for Kate on a sunny afternoon, to fall, with a pilgrimage to their favorite vacation spot in Hawaii, Carl documents his year-long experience of remembering, meditating, and evolving a new life. Individually his letters provide the insights of a master diarist; collectively, they have the arc of a master essayist. Recording the full range of mourning from intense shock to moments of exceptional affirmation, Klaus's stories and reflections on loss bear witness to universal truths about the first and most significant year of mourning.

Book Information

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Best Sellers Rank: #689,152 in Books (See Top 100 in Books) #512 in Books > Literature & Fiction > Essays & Correspondence > Letters #1193 in Books > Self-Help > Relationships > Love & Loss #2353 in Books > Self-Help > Death & Grief

Customer Reviews

I was lucky enough to hear Mr. Klaus read this story on a National Public Radio broadcast. This story follows the life of a man, who has recently lost his wife. The story is told through a series of

personal and heartfelt letters to her. In the letters, the main character covers many topics, including his dreams about Kate, the pain he feels when he sees the items she left behind, and the anger he feels when he sees an old lady in the supermarket buying a bottle of booze, while he lost his kind and loving wife. Above all else, this is the story of a man trying to cope with his loss. Needless to say, by the time I pulled in the drive way, I was crying my eyes out. I would recommend this book to anyone!!

Similarly to the gentleman from Green Mountain, IA I also just heard the WSUI airing of the 03/28/2006 show with the reading by author Carl Klaus of this book 'Letters to Kate'. I also wept while listening. I had the pleasure of meeting Mr. Klaus and his late wife Kate in May 2002 and they were very personable and hospitable. I will always remember their kindness. Mr. Klaus is a skilled writer to say the least....and I certainly will read this entire book of letters.

While this book focuses quite openly on the unexpected death of Klaus's wife, there is a voice in here for all grief. As my parents went through an unexpected divorce, I thought often of Klaus's words. They provided much solace, and I asked my parents to read the book, as well. This is a must-read (both for its content and surface-level beauty) for anyone grieving something/someone, and anyone fascinated by how we become well again after loss.

Deeply touching tribute of love.

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