



# Death Benefits: How Losing a Parent Can Change an Adult's Life--for the Better

*Jeanne Safer*

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## **Death Benefits: How Losing a Parent Can Change an Adult's Life--for the Better** Jeanne Safer

When psychotherapist Jeanne Safer lost her mother, she was determined to turn her loss into an opportunity for insight and growth. Through her own experience, her work with patients, and in-depth interviews, Safer shows that the death of a parent can be a catalyst for change. In this updated paperback edition, Safer includes a helpful resource section, including information on hospice care, rehabilitation programs, and more. Bold, surprising, and compassionate, *Death Benefits* challenges the idea that loss must simply be endured or overcome.

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