

For Release:

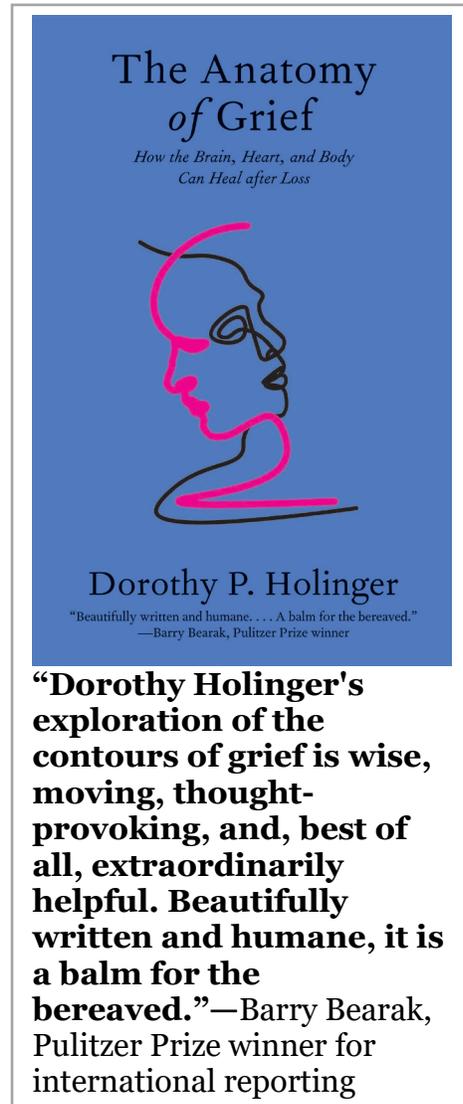
**Publication date: 17 May 2022**

[yalebooks.com](http://yalebooks.com)

Contact: Amanda Cordero

[Amanda.Cordero@Yale.edu](mailto:Amanda.Cordero@Yale.edu)

Twitter: @amandace1904



**“Dorothy Holinger’s exploration of the contours of grief is wise, moving, thought-provoking, and, best of all, extraordinarily helpful. Beautifully written and humane, it is a balm for the bereaved.”**—Barry Bearak, Pulitzer Prize winner for international reporting

life feels empty, why grief surges and ebbs so persistently, and why the bereaved cry. Resting on a scientific foundation, this literary book shows the bereaved how to move through the grieving process and how understanding grief in deeper, more multidimensional ways can help quell this sorrow and allow life to be lived again with joy.

Visit the author’s companion website for *The Anatomy of Grief*: [dorothypholinger.com](http://dorothypholinger.com)

YALE UNIVERSITY PRESS  
is pleased to announce the publication of

# **The Anatomy of Grief**

## **How the Brain, Heart, and Body Can Heal After Loss**

**By Dorothy P. Holinger**

**An original, authoritative guide to the impact of grief on the brain, the heart, and the body of the bereaved**

**NOW IN PAPERBACK**

Grief happens to everyone. Universal and enveloping, grief cannot be ignored or denied.

This original new book by psychologist Dorothy P. Holinger uses humanistic and physiological approaches to describe grief’s impact on the bereaved. Taking examples from literature, music, poetry, paleoarchaeology, personal experience, memoirs, and patient narratives, Holinger describes what happens in the brain, the heart, and the body of the bereaved.

Readers will learn what grief is like after a loved one dies: how language and clarity of thought become elusive, why

\* \* \* \* \*

### **PRAISE FOR THE ANATOMY OF GRIEF**

“Holinger teases out . . . intimate connections, and the psychology of the broken heart, fusing science and the humanities, in her introspective and poetic book.”—Erin Blakemore, *Washington Post*

“Holinger has given a gift to the counselling world with this book...With the use of case studies, literature and historical context, Holinger illustrates grief in a way that educates readers and resonates with our varied experiences.”—Samantha Airey, *Therapy Today*

“*The Anatomy of Grief* sets out to examine the nexus of connections between the physiology and psychology of grief. . . . What’s central for Holinger is that turning feeling into words, and giving voice to buried emotions, acts to release tension. She is a passionate advocate for language as healer.”—Clair Wills, *New York Review of Books*

“Holinger’s orchestration of different voices describing the vicissitudes of their anguish is often moving. . . . [She] respects the stinging particularity of the grieving process, but she also wants people to know they are not alone in their sadness.”—Michael Roth, *Los Angeles Review of*

“*The Anatomy of Grief* is a great read. All of us have been affected by grief and will find satisfaction in the new knowledge gained as well as enjoyment from Dorothy Holinger’s talent as a writer.”—Michael K. Rees, MD, MPH, Beth Israel Deaconess Medical Center

“This is a unique and truly important book to anyone who wishes to understand, and learn how to cope with, grief. Combining research, clinical and personal experience, it presents a practical, relatable, and deeply human guide to the most difficult of times.”— Chris Reid, Director of Product Development and Publishing, *Science Magazine*

\* \* \* \* \*

### **ABOUT THE AUTHOR**

**Dorothy P. Holinger**, Ph.D., was an instructor in psychiatry at Harvard Medical School for over twenty-three years. She is a psychologist in the Department of Neurology at Beth Israel Deaconess Medical Center, a Harvard teaching hospital, and an affiliate member of the Psychiatry Neuroimaging Laboratory at Brigham and Women’s Hospital in Boston, Massachusetts. She is a Fellow of the Association for Psychological Science and has her own psychotherapy practice.

Title: *The Anatomy of Grief, How the Brain, Heart, and Body Can Heal after Loss* \* Author: Dorothy P. Holinger, Ph.D.

Price: \$20.00 \* ISBN: 978-0-300-26476-0 Paper \* eBook ISBN: 978-0-300-25608-6

Pages: 328 \* 11 b/w illus.

**Publication Date: 17 May 2022**