



Necessary Losses: The Loves, Illusions, Dependencies, and Impossible Expectations That All of Us Have to Give Up in Order to Grow

Judith Viorst

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Drawing on psychoanalysis, literature, and personal experience, *Necessary Losses* is a philosophy for understanding and accepting life's inevitabilities. In this book, Judith Viorst turns her considerable talents to a serious and far-reaching subject: how we grow and change through the losses that are a certain and necessary part of life. She argues persuasively that through the loss of our mothers' protection, the loss of the impossible expectations we bring to relationships, the loss of our younger selves, and the loss of our loved ones through separation and death, we gain deeper perspective, true maturity, and fuller wisdom about life. She has written a book that is both life-affirming and life-changing.

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