



Selected Quotes from the Film Participants.

“71 percent of Americans don’t even know their neighbor. We don’t have people to story with, even if we want to, when somebody dies.” – Alan Wolfelt

“Grief isn’t a cold or a flu. You don’t recover from it. You don’t get over it. You learn to live with it.” – David Kessler.

“Find a support system that can listen and support you. No matter how many times I walk up and down the aisle of the hardware store, I’m never gonna find milk.” -- David Kessler

“Your job is to be where you are.” – Melanie DeMore

“I think of grief often like a great searchlight. And it will shine light on other things in life that have been problems beforehand.” – Paula D’Arcy

“Pain needs to be moved... it needs to get from the inside of us to the outside of us.” – Paula D’Arcy

“Talk less and hug more.” – Rabbi Harold Kushner

Quotes Utilized in the Film.

“Grief is a consequence of love...” – Stephen Levine, *Unattended Sorrow*.

“You will be whole again but you will never be the same.” – Elisabeth Kübler-Ross.

““I don’t feel very much like Pooh Today,” said Pooh. “There there,” said Piglet. “I’ll bring your tea and honey until you do.”” – A. A. Milne, *Winnie the Pooh*.

“The deeper the sorrow carves into your being, the more joy you can contain.” – Kahlil Gibran.

“We have ceremonies so we know what to do when we do not know what to do.” – Alan Wolfelt.

“Only in the agony of parting do we look into the depths of love.” – Kahlil Gibran.

“When it is dark enough, you can see the stars.” – Charles A. Beard.