

CONCLUSION

Philosopher, Arnold Toynbee, in his essay “Reflections on My Own Death,” has stated that true love might be proved by the wish of a person to outlive his loved one, so that the loved one is spared the anguish of grief.

Rich or poor, young or old, no one is exempt from the devastating effects of grief. All mourn. All suffer.

Everyone who lives a full life must, at some time or another, live with an empty chair. Whether the chair you live with belonged to a parent or spouse, a child or lover, a best friend or relative, it is empty now, and its emptiness represents a task for you. To accomplish this task is to become accustomed to living with that empty chair. When you no longer fear it or revere it, but can simply accept it, you will know that you are completing your grief work.

- *From Living with the Empty Chair* by Roberta Temes