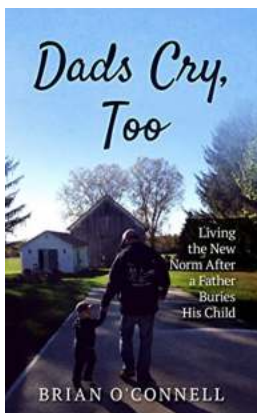


Living The New Norm After Father Buries His Child - A Heartbreaking Journey

It is a truth universally acknowledged that losing a child leaves an indescribable void in a parent's heart. The pain, the grief, and the overwhelming sense of loss can be paralyzing. The journey of a father who has buried his child is one that explores the depths of human resilience and sheds light on the path to finding a new sense of normalcy.

Michael Turner, a devoted father and loving husband, experienced every parent's worst nightmare when his 10-year-old daughter, Emily, tragically lost her battle with cancer. The loss left him shattered, his existence turned upside down. In the aftermath of this heartbreaking event, Michael had to navigate a world that seemed alien and unfamiliar.

Grief has a way of permanently altering one's perspective on life. The simple joys and everyday routines become reminders of the profound emptiness that accompanies loss. For Michael, the idea of "normal" was forever changed. He had to find a way to redefine his existence, to create a new norm that incorporated the void left by his beloved daughter.



Dads Cry Too: Living the New Norm After a Father Buries His Child by Brian O'Connell (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 1599 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 62 pages



The grieving process is deeply personal and unique to each individual. It is a rollercoaster of emotions, with no clear timeline or destination. For Michael, it involved a period of introspection, accepting the reality of losing his child, and seeking support from family, friends, and even professional counselors.

In this journey towards living a new norm, Michael discovered the power of community. Connecting with other parents who had faced similar losses provided solace and validation for his own feelings. A support group became a sanctuary where he could openly express his grief, share his memories of Emily, and find comfort in the understanding eyes of others who had walked a similar path.

Embracing grief also meant acknowledging the existence of joy amidst pain. Michael found solace in cherishing the memories he shared with his daughter, in celebrating her short but impactful life. He learned to honor her by living fully and embracing moments of laughter, gratitude, and love, even in the midst of his heartache.

One of the critical aspects of navigating this new norm was self-care. Michael realized that taking care of himself was crucial for his ability to heal and continue on his journey. He incorporated activities that brought him peace and comfort, such as journaling, meditation, and pursuing hobbies that provided him solace.

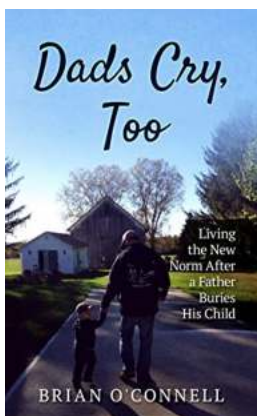
Living the new norm does not mean forgetting or moving on from the loss. It means finding a way to integrate the memory of a loved one into everyday life, allowing their presence to be felt in both big and small moments. Michael

approached this by openly discussing Emily, sharing stories, and engaging in acts of remembrance. From planting trees in her memory to organizing charity events, he found ways to keep her spirit alive.

Of course, there were moments of breakdown and despair, when the weight of grief seemed unbearable. But Michael learned to accept these moments as part of the journey, as natural responses to such immense loss. Rather than denying or suppressing his feelings, he allowed himself to process them, leaning on his support network for strength and guidance.

Living the new norm is an ongoing process, one that evolves with time. While the pain of losing a child may never entirely fade away, it becomes integrated into the fabric of one's being. It shapes one's outlook on life, teaching invaluable lessons about resilience, love, and the fragility of existence.

Michael Turner's journey is a testament to the human capacity for endurance and transformation. He has emerged from the depths of despair, living a life that honors his daughter's memory while embracing the new norm. His story serves as an inspiration to others, a reminder that even in the face of the most heartbreaking loss, it is possible to find purpose and joy once again.



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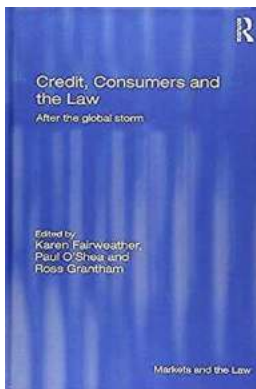
Some life-altering moments happen in a flash, an impulse decision.

Others are presented to us by the universe, fate, or God.

Late at night on a winding road near Hinckley, Ohio, PJ O’Connell made a decision that would impact his friends for years to come, and change the lives of his mother, sister, and father forever.

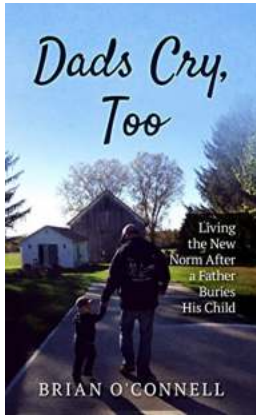
Turning grief and rage into acceptance and understanding is never easy. Unlike “widow” or “orphan,” there are no words for a parent who has lost a child, and entrance to this terrible club is something no one requests. But life and death moments do not discriminate.

“This is the story of how my son helped me become a better man.”



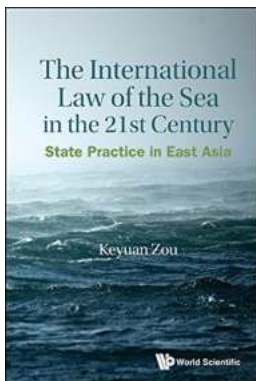
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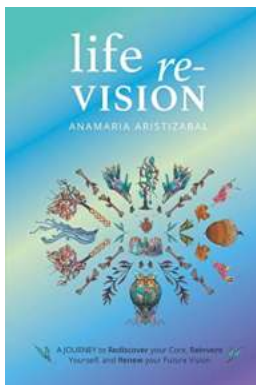
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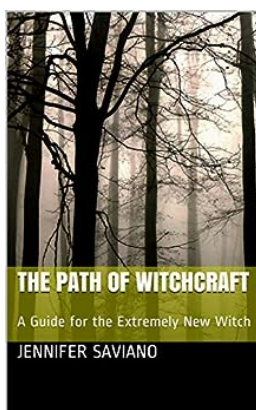
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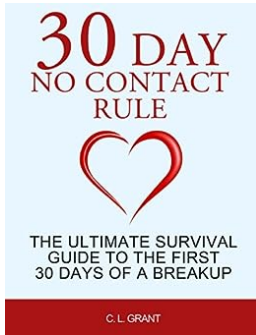
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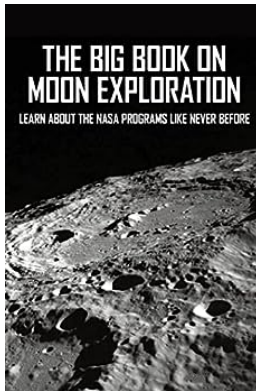
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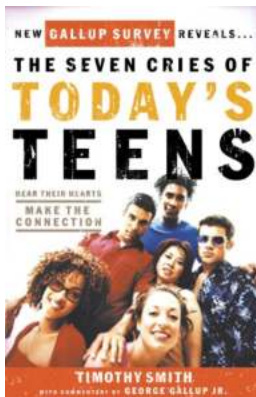
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