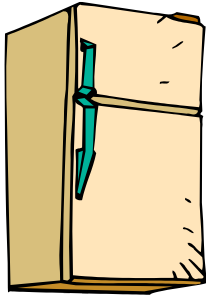


Refrigerator Quote*
Number 8.



A quote from Steve Biddulph¹



*There are men who wake up in the morning
energized and happy.*

Whose partners and children love and trust them.

Who do work they believe in and enjoy.

Have loyal and interesting friends.

And are deeply involved in the wider world.

They may not be famous or wealthy.

They value something quite different.

They are learning to be real.

* From a book about grieving# "I call these 'refrigerator quotes' and ask grievors to put the quotation on a refrigerator door so they and members of the family, or friends, will see it. Some participants photocopy the quotes and pass them on. Others carry the quotes in a purse, notebook, or wallet for further reflection. The more they read and ponder a refrigerator quote, the more meaning it offers." (p.11.)

#Borrowed Narratives: Using Biographical and Historical Grief Narratives With the Bereaving by Harold Ivan Smith, published by Routledge Mental Health.

¹ Biddulph, 2010 The New Manhood: The handbook for a new kind of man. (Frontispiece).