

Book Review: F'Qalbi, Ma Tmut Qatt

Michael Galea

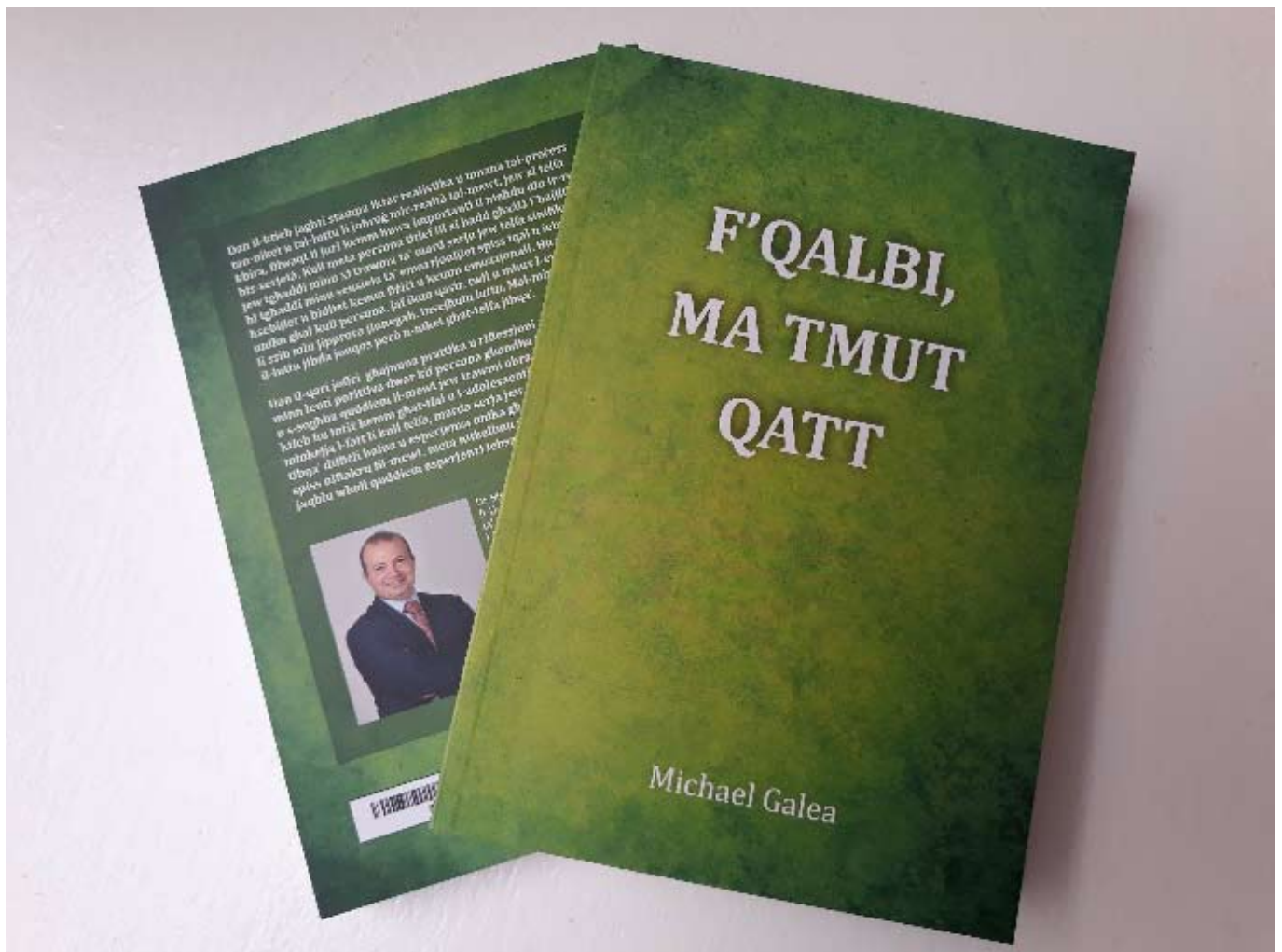
Gozo: JDB Printing Press (2020); 220 pages

REVIEWED BY MARIO SALIBA

The loss of a loved one is considered a natural, universally experienced life event, but for most of us, it is among life's most challenging experiences. We expect people to react normally to bereavement and we seldom think that those closest to the deceased may need our support. During such a time most bereaved people feel alone and their isolation increases the intensity of their grief. Most people try to cope with their loss and grief on their own without seeking help from a health care professional. Normally grief experience is endured without complications and people get over it with time. However, sometimes the pathway through grief can go awry. Each one of us including

children, need to understand what is normal grief so that this reality can be experienced without much trauma.

Dr Michael Galea, a clinical psychologist and senior lecturer at the University of Malta, is presenting us with a well-researched text in Maltese which explains the process of grief and mourning in a step by step approach, enabling the reader to understand this process. The book is written not just for professionals who need to understand the signs and symptoms of a grief experience in order to help their clients, but also for the general public. The more we know about



this reality the more each one of us can deal with it in a natural way.

The author presents his topics in a structured way explaining how a loss of a loved one affects the various members of the family including children and the family as a whole. He offers explanations to various signs and symptoms which we experience, guides us to cope positively with them and offers solutions and ways how we can respond to our grief and depression which can affect us after the loss of someone dear to us. He provides practical advice and in a friendly way, as if he is talking to a client, offers personal help rather than superficial advice.

Although this book is like a textbook about grief it is never boring or difficult to understand. Without the use of any jargon or technical terms, the book can be understood and serves as a useful tool to all. It gives easy explanations to psychological and medical terms and psychological concepts making them easy to be understood by everyone.

Albiet the book deals mainly with grief and mourning, it also contains subjects like the process of healing, suicide, as well as practical hints to enable parents to answer some difficult questions which their children may ask them about suffering, death, death rituals and life after death.

The book is divided into three parts. The first is about grief in general when we are faced with death, the second part is about the challenges we face when we experience a death in the family and the third part is dedicated to children and the death experience. Finally there is a detailed section where the author gives practical aid during the time of mourning. At the end of the book the author gives a list of references he made use of as these may be useful to the reader who is interested in further reading about the subject.

I highly recommend this book not only to professionals who are involved in the care of persons but also to everyone who wants to understand this reality which we call death and its effects on our psychological health.

Michael Galea PhD authored “Kuraġġ biex nikber: Ma’ Niket il-Mewt lejn Tama u Ħajja Ġdida (2006 – out of print) on mourning and “Nġhix Ħajja Sabiħa” (2019).

This present publication is printed by JDB Printing of Xewkija Gozo. It contains 220 pages, costs €15, and may be found in the main bookshops. The book can also be obtained directly from the author by emailing: michael.galea@um.edu.mt or calling 79551651.