

Contact: Jonathan Raeder | jraeder@rowman.com | (301) 459-3366 x.5332

The Only Way Out is Through

A Ten-Step Journey from Grief to Wholeness

“*The Only Way Out is Through* can help each one of us navigate life’s transitions successfully. The thing that sets Dr. Gail Gross apart is her tremendous capacity for intimacy. Talking with her is like sharing time with a longtime friend. It’s a quality that listeners can feel from the moment they tune into her show. It’s one thing to know your stuff, and quite another to be able to make that knowledge accessible. Dr. Gail Gross does both, easily and with great charm.”

— **Arianna Huffington, Former Co-Founder & Editor-In-Chief of The Huffington Post and Founder of Thrive Global**

“Dr Gail Gross has once again gifted us with valuable information on how to navigate through the challenges of life's many transitions for our long term happiness. I do think, as you can imagine, that this is a very important book for everyone to read, as we all face many of life’s difficult transitions. She has gifted the reader with valuable information for life’s happiness.”

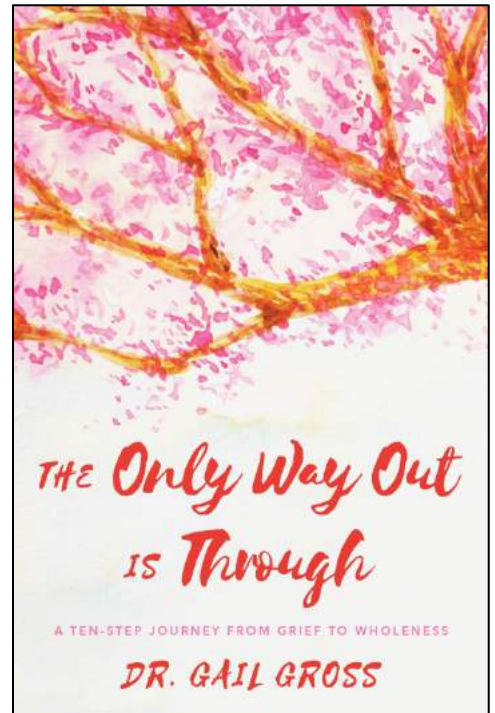
— **Goldie Hawn, actress and author**

“*The Only Way Out is Through* is one of the few books that merges Jungian psychology with contemporary psychological methods to support the importance of the interior life, in relation to personal transition. As a result, Gail has written a book for everyone—defining new ways for individuals to grow personally and for societies to benefit universally.”

— **Pat Mitchell, Former CEO, Public Broadcast Service**

Part memoir of grief, part guidebook, *The Only Way Out is Through: A Journey to Wholeness* offers a comprehensive structure for the bereaved to return back to the world of the living, not just to exist, but to live.

Gail Gross, PhD, EdD, MEd, is a nationally recognized family and child development expert, author and lecturer. Her positive and integrative approach to difficult issues helps families navigate today’s complex problems. Dr. Gross has contributed to broadcast, print and online media including CNN, the Today Show, FOX’s The O’Reilly Factor, MSNBC, The New York Times and USA Today. She is a veteran radio talk show host as well as the host of the nationally syndicated PBS program, “Let’s Talk.”



Rowman & Littlefield

The Only Way Out is Through: A Ten-Step Journey from Grief to Wholeness

By Gail Gross, PhD, EdD, MEd

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