

Tear Soup – a recipe for healing after loss

Helpful ingredients to consider

- A pot full of tears
- One heart willing to be broken open
- A dash of bitters
- A bunch of good friends
- Many handfuls of comfort food
- A lot of patience
- Buckets of water to replace the tears
- Plenty of exercise
- A variety of helpful reading material
- Enough self care
- Season with memories
- Optional: one good therapist and/or support group



Directions:

Choose the size pot that fits your loss. It's okay to increase pot size if you miscalculated. Combine ingredients. Set the temperature for a moderate heat. Cooking times will vary depending on the ingredients needed. Strong flavors will mellow over time. Stir often. Cook no longer than you need to.

Suggestions:

- Be creative
- Trust your instincts
- Cry when you want to, laugh when you can
- Freeze some soup to use as a starter for next time
- Keep your own soup-making journal so you won't forget.

Serves: One

** To use this recipe in your publication or workshop, please use this byline.

Grandy's Recipe for Tear Soup

Excerpt from the family storybook - *Tear Soup, a recipe for healing after loss*

By Pat Schwiebert & Chuck DeKlyen. Illustrated by Taylor Bills

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See more of Tear Soup, a recipe for healing after loss on Facebook. Log In. or. Create New Account. See more of Tear Soup, a recipe for healing after loss on Facebook. Log In. Forgotten account? Recently going through a loss, Tear Soup has made me feel I am not the only one with these emotions expressed in the book. The inside cover says "Tear Soup affirms the bereaved, educates the unbereaved, {and} is a building block for children". This is as spot on as the book. Praise to Tear Soup! Helpful (1). Not Helpful (0). Caring for my adult daughter through this loss of her brother is what got me through it. I recently employed a therapist to help my daughter and she brought out a copy of this book. She left it behind by mistake one day and I took the opportunity to read it. I loved it. I decided I would buy a few copies to give to others when they have to go through what we have been through. This book is good for all ages. Easy to understand and the graphics are excellent.

Tear Soup book. Read 256 reviews from the world's largest community for readers. In this modern-day fable, a woman who has suffered a terrible loss cooks...
Preview "Tear Soup by Pat Schwiebert. Tear Soup: A Recipe for Healing After Loss. by. Pat Schwiebert, Chuck DeKlyen. , Taylor Bills (Illustrator). 4.55 Rating details. 1,386 ratings 256 reviews. Long after everyone else has forgotten your loss, you will continue to remember. Learn to be content with your private memories. 3 If your friend is the one who is making Tear Soup Be there for your friend, even when you don't understand. Be a source of comfort by listening, laughing, and crying. Stick close to your friend and defend their right to grieve. 8 Grandy's Tear Soup Cooking Tips All Rights Reserved. No part of this publication may be reproduced or transmitted in any form without permission in writing from the publisher. 1,282 likes 1 talking about this. The official tear soup book page. Over 450,000 copies are in print and...
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