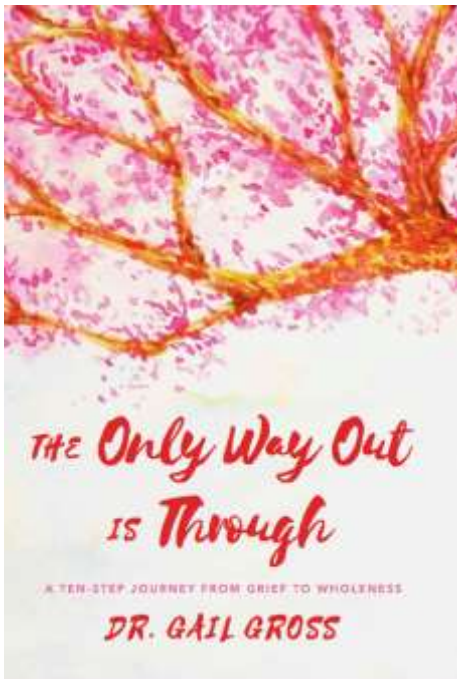


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“The Only Way Out is Through can help each one of us navigate life’s transitions successfully. The thing that sets Dr. Gail Gross apart is her tremendous capacity for intimacy. Talking with her is like sharing time with a longtime friend. It’s a quality 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*

Now Available in Paperback!



**THE ONLY WAY OUT
IS THROUGH**
By Dr. Gail Gross
On Sale: October 18, 2019

Grief is not only felt through the loss of life or a close loved one, but also through any major loss or transition in life. In **THE ONLY WAY OUT IS THROUGH**, Dr. Gail Gross gives readers a step-by-step process for managing loss and transition, and her work expertly combines both memoir and science to provide an inspiring story of loss alongside the analytical psychology that helped her find her own re-entry into life. In this illuminating book, Dr. Gail Gross helps readers prepare for and manage every transition in life, including divorce, loss of a friendship or relationship, empty nest, bankruptcy, losing a job, or even moving cities and or changing lifestyles.

THE ONLY WAY OUT IS THROUGH at its core tells the story of a mother’s sudden loss of her child and the impact on the family as a whole. It offers a comprehensive approach to healing for the bereaved to help them reenter life on new terms. Dr. Gail helps readers learn to listen to their own inner voices, the deepest part of the unconscious, so that reorienting and reshaping the future seems possible. Offering strategies for dealing not just with profound grief, but with living beyond a devastating loss, she provides a map for those looking for guidance, comfort, care, and hope.

About Dr. Gail Gross

Gail Gross, Ph.D., Ed.D., M.Ed., 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 is frequently called upon by national and regional

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media to offer her insight on topics involving family relationships, education, behavior, and development issues. 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." Dr. Gross is a longtime leader in finding solutions to the nation's toughest education challenges. In 1996, she co-founded the first-of-its kind Cuney Home School with her husband Jenard, in partnership with Texas Southern University. The school serves as a national model for improving the academic performance of students from housing projects by engaging the parents. Additionally, she recently completed leading a landmark, yearlong study in the Houston Independent School District to examine how stress-reduction affects academics, attendance, and bullying in elementary school students, and a second

study on stress and its effects on learning. Such work has earned her accolades from distinguished leaders such as the Dalai Lama, who presented her with the first Spirit of Freedom award in 1998. Most recently, she received the Good Heart Humanitarian Award from Jewish Women International and was named One of Houston's Most Influential Women of 2016 by Houston Women's Magazine.

Dr. Gail Gross can discuss

- ❑ School shootings and the long term effects of violence on victims.
- ❑ How to talk to your children about self harm, suicide, and mental health struggles.
- ❑ What people might not know about how loneliness, isolation, and solitary confinement affect the brain and human psyche.
- ❑ The effect our challenges have on our children's mental health, as well as strategies for parents to use to help children navigate and overcome their own challenges.
- ❑ How to assist and support your and your child's mental health, particularly in times of transition or loss.
- ❑ Friendship dynamics, such as how to be a better friend and how to recognize toxic friendships.
- ❑ How to maintain strong personal relationships and navigate challenges and stressors.
- ❑ Learning to self-manage stress and negative emotions to find your inner strength.
- ❑ The ten strategies for transitioning through grief and loss.
- ❑ How to be authentic, listen to your inner voice, recognize and acknowledge patterns of behavior, and follow your intuition.
- ❑ How to reduce stress, breathing techniques, and the power of meditation.
- ❑ Key aspects of the healing process, including manageable steps people can take.

Connect with Dr. Gail Gross

Website: <http://drgailgross.com/>

Twitter: [@DrGailGross](https://twitter.com/DrGailGross)

Instagram: [@DrGailGross](https://www.instagram.com/DrGailGross)

Facebook: [@DrGailGross](https://www.facebook.com/DrGailGross)

Praise for THE ONLY WAY OUT IS THROUGH

"Drawing on her own personal experience of transformation, and the universal concepts of psychoanalysis that helps to understand them, Gross offers her readers an insightful guide to navigate pain, loss, and grief, and to ultimately uncover the profound growth that they offer."

—Claire Nana, *PsychCentral*

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“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**

“*The Only Way Out is Through* is more than a title, it's a hard-earned wisdom. What a privilege it is to follow Gail Gross on her journey through the mystery and power of the inner world, and to learn from her as she illuminates the way our unconscious organizes our life experience to bring us to consciousness. Her heart was forged in fire, and what an exquisite heart it is.”

—**Mariska Hargitay, actress and founder of the Joyful Heart Foundation**

“Dr. Gail Gross, one of our revered scholars of psychology, applies her personal experiences to strategies – applicable to all - in taking grief to healing and wholeness of life. It is simply riveting and practical advice. Once you start reading *The Only Way Out is Through*, you will not be able to stop.”

—**C.R. (Bob) Bell, vice admiral (retired), United States Navy**

“With startling honesty and courage, Gail Gross charts her journey through one of the greatest tragedies a parent can experience and shows us what unexpected revelations and gifts await on the other side of darkness.”

—**Tara Lynda Guber, founder, Yoga Ed.**

“Dr. Gail Gross shows us the way through the grief, the pain, and the sorrow of loss, and into great personal healing and inner peace. She shows us that the path to the light is through a deep review of our lives, and that surrender does not mean giving up, but having the courage to be reborn and return renewed back to our family and to ourselves. Keep this book by your bedside, it will inspire you to greatness!”

—**Alberto Villoldo, bestselling author of *One Spirit Medicine***

“With the informed mind of a psychologist, and the wise heart of a parent, Dr Gail Gross, a devoted meditator has developed an illuminating guide to make grieving a conscious process that can increase capacity for healing and renewal. Filled with self-empowering wisdom, this book is a significant contribution to understanding the connections between Jungian psychology and conscious choices in the path of transformation. Grief can be devastating to each of us in some stage in our lives. Gail's comprehensive assessment of grief will be invaluable to those who want to come to terms with traumatized feelings and steer back to a path of full health and quality of life.”

—**Mireille Gillings, founder and CEO of HUYA Bioscience International**

“*The Only Way Out is Through* explores new ground in the area of individual transformation. Dr. Gross offers powerful tools we can apply to help us better understand how to successfully navigate life's transitions.”

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—**Lynda Resnick, vice chair and co-owner, The Wonderful Company**

“Dr. Gail Gross has written an epoch book that will be of great value. Parents and others can follow her empathetic approach to successfully getting through the healing process from grief. She is a brilliant psychologist with a great perspective.”

—**Michael B. Yanney, chairman emeritus, Burlington Capital**

“An exquisite book that takes the reader on a masterful journey of transition from grief to enlightenment. Life provides us with many lessons, all of which can help us to grow and flourish. *The Only Way Out is Through* delivers the reader a guide to navigate painful and debilitating sorrow when struck with sudden loss and the knowingness that life has changed forever. The fragmented remnants remain, and the shards are gathered, which become the essential elements for the transformative journey. In time, a new life emerges with the wisdom, patience, and depth of compassion for those learning to crawl, as well as the grace and dignity to rejoice with those taking flight. ‘What the caterpillar calls the end of life, the master calls a butterfly.’ I am so blessed to call the author my friend and feel honored to have her in my life. She understands the fragility of life, which enables her to offer a truly intimate and personal perspective. In reading this book, I am reminded of a quote ‘Grief is in two parts. The first is loss. The second is the remaking of life.’”

—**Melani Walton, co-founder of the Rob and Melani Walton Foundation**

“Gail’s courage is on full display throughout this book. Not only does she allow the reader a first-hand look at her own personal tragedy, she’s gracefully woven her insights into a series of lessons to help others struggling with grief, loss, and pain.”

—**Renee Parsons, businesswoman and philanthropist**

“*The Only Way Out is Through* provides a compelling analysis of the seriousness of grief, especially grief over the loss of a special loved one. In her opening chapters, Dr. Gross thoroughly examines the life threatening, relationship destroying aspects of grief as well as the beginning of a potential transformational process which can lead to a more purposeful, more complete life. It is the danger that grief poses that should cause us to take its condition seriously and guard ourselves against much conventional wisdom.

Dr. Gross writes about the subject with both a deep sensitivity, as someone who has felt the depths of grief, as well as with a beautiful understanding which comes from an inspired intellect. *The Only Way Out if Through* is her journey as she seeks an answer to the mystery of a sudden loss of someone who had so much to live for and so much living to do. She examines the breadth and depth of religion, philosophy, social conventions and customs, and psychology, as Dr. Gross is well regarded and sought after for her expertise in dream analysis.

However, it is her discussion of what we make of ourselves and our grief, a new self and its potential, and her recommendations for living through our grief and suggestions of how to live with our grief by facing a new reality, which speaks to a broad audience. Her advice speaks to both those who grieve and those who want to help the griever with very practical and productive methods of not only avoiding the potential dangers of grief but to use our grief to empower and lead us to a better place and a better life.

In a sense, Dr. Gross’ book ends where it begins but on the other side of a way out is through. Deeply personal, intellectually challenging, rich in suggestions for getting through the grief process, *The Only Way Out is Through* ends as it begins as a testament to love, vulnerability and self-discovery.”

—**Lloyd M. Bentsen III, President, Bentsen Financial Corp.**

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“I was so moved by Gail’s book that I had to step back for a moment to put my feelings into two or three sentences. Gail has written a book for all humanity, knowing her journey I am thrilled that she can now share the wisdom and the pain with others that need her sharing and use her incredible guidance.”

—**Tova Borgnine, chairman, TOVA Beverly Hills**

“When life seems confusing, and it often times does, Dr. Gross has an amazing way of helping us to make sense of it all.”

—**Deborah Duncan, senior producer/host of “Great Day Houston,” KHOU-TV CBS**

“A moving, inspiring, highly actionable book from an expert voice in grief recovery.”

—**Dr. David Eagleman, neuroscientist at Stanford and a *New York Times* bestselling author**

“As the owner of King World Productions, the distributor of Wheel of Fortune, Jeopardy and Oprah Winfrey, I have a ‘PhD in people,’ and I respect Dr. Gail Gross. In fact, I mentored her in talk radio, which became a big hit on National Broadcasting Radio. All of her degrees, caring for people, and trying to make a difference in the world has really paid off. I’m thrilled that she’s my friend and that she thinks I’m worthy to leave this message for you. She’s a renowned author, and she has a big following of her own. Through tragedy and everything she has been through she has come out a champion, not just for herself but for the people that need her, her guidance and her experience. This has all culminated in her book *The Only Way Out is Through*, a book for anyone moving through life’s transitions, including grief.”

—**Richard King**

“For all those who have lost a loved one, Dr. Gail Gross offers a gift of friendship and hope through a deeply moving book about her own personal journey of loss. When the loss is so great and you know you need help from someone who has ‘been there,’ follow the healing pathways of Dr. Gail Gross’ personal journey, *The Only Way Out is Through*.”

—**Lynne Davis Lear, psychologist, film producer, Sundance Board of Trustee**

“Gail’s healing words can help turn darkness into light, regret into rebuilding and despair into renewal. Her book is a must-read for anyone traveling through the lonely journey of grief and loss.”

—**Robert (Bob) Parsons, American entrepreneur and philanthropist**

“Who among us will not experience loss or grief? Out of her own heart-breaking story, Gail Gross has created a practical, thoughtful, and deeply human handbook to the process of grieving. Allowing grief to reveal itself as a pathway to healing and renewal, she offers us this compassionate and much needed guide, a support and a friend for any one of us facing loss, crisis, or change.”

—**Sogyal Rinpoche, Tibetan Buddhist teacher and author of *The Tibetan Book of Living & Dying***

“For anyone who’s experienced loss *The Only Way Out is Through* is a must-read. Dr. Gail Gross uses her own wisdom and personal experience coupled with her vast knowledge in psychology and child and family development to guide you back to wholeness. *The Only Way Out is Through* is a compelling and useful guide to lead you out of the darkness and into the light. A must-read for anyone who’s experienced loss. You will be given the tools you need to navigate yourself back to a life of wholeness. There is no one better than Dr. Gail Gross to guide you through the loss of a loved one, to leading a life of wholeness.”

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—Michelle King Robson, founder, HER, Inc.

“Gail Gross has turned her deeply agonizing suffering of grief over the loss of a beloved child into a glorious hymn to life. She has sung it in the pure tones of great compassion, offering to the so many others who have faced, or will face this dread situation the broadly researched and deeply experienced tried and true methods of going through the valleys of despair and finally transcending death through total openness to the gift of love and life reborn I cannot recommend highly enough this beautiful book and its path to healing.”

—Robert A.F. Thurman, Jey Tsong Khapa Professor of Buddhist Studies, Columbia University; Founder, Tibet House US; author of *The Tibetan Book of the Dead* and *Man of Peace: The Illustrated Life Story of the Dalai Lama of Tibet*

“Leave it to Dr. Gross to extend this wisdom and knowledge to those who are suffering from the unspeakable loss . . . the loss of a child. Her words are consoling yet without sugar coating or simplifying the emotional and intellectual experience. This work is not only important, it is a must-read on anyone’s path to healing.”

—Ann Rubenstein Tisch, founder and president, The Young Women’s Leadership Network

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