

## **Doug Manning**



As a counselor, lecturer and author, Doug Manning addresses the subjects of grief, aging and personal relationships across the United States, Canada, Australia and New Zealand.

Following 30 years as a minister, Doug began a second career as one of the early pioneers in the study of grief. His work began when a friend said after losing her young daughter, "Don't take my grief away from me," which became the title of his first book. His years of counseling as a pastor placed him in many situations in which he needed to help grieving families. This led him to start some of the first bereavement groups and spend a great deal of time analyzing and understanding what processes must occur for a person to emerge healthy on the other side. Doug was also a pioneer in the area of caring for families of aging parents. His book, "When Love Gets Tough" was the first book on the market to address this vital and painful issue. His popularity as an author and a speaker has spread over the last 20 years throughout the world. He presents many seminars sponsored by nursing homes, funeral homes, hospices, national professional conventions and churches. Doug self-describes his mission in life as one of running around the world letting people know that they are "normal". The feelings, anxieties, frustrations and despairs that come with life and facing grief and aging issues are a natural and "normal" reaction to be understood and experienced-not to be hidden or ignored.