

## RIDING THROUGH GRIEF



Barbara Manger

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**Author Barbara Manger Releases  
*Riding Through Grief***

**Book Is Aimed at Helping Others after the Loss of a Loved One**

MILWAUKEE, WI – October 22, 2013 - Many individuals – more than most people might think – experience the sudden, unexpected death of a loved one. While there is no “right way” to deal with this devastating kind of reality, learning how other families have coped can help the grieving to find their own path to healing.

In her highly acclaimed new book, *Riding Through Grief*, which will be released October 29<sup>th</sup>, Barbara Manger of Milwaukee, Wis., shares how her family coped when her beloved son, Matt, died in a sudden bicycle accident in Chicago at 29 years of age.

This exploration of grief and loss offers a portrait of a lively young man and describes his family’s efforts to cope following the shock of his death. Their challenges included planning a funeral, facing an ongoing struggle to accept Matt’s death, and taking tangible steps to honor his memory.

Friends and family participated in a bicycle procession through the streets of Chicago to chain a “ghost bike” at the site of Matt’s accident. Then, at his favorite camping spot in Michigan’s Upper Peninsula, the family placed a hand-carved stone and held a goodbye ritual. With the help of volunteers, they also constructed a shelter in Matt’s memory for hikers on the North Country National Scenic Trail in Michigan, a place Matt dearly loved.

Manger further says in the book, “Those and other events were significant to our renewal and return to life, not as we had known it, but as a new chapter without our son’s physical presence.”

Intertwined throughout her book are incidents from Matt’s childhood as well as glimpses of his bright and energetic character, his great zest for life, and his sense of adventure. These are epitomized in the chant he taught his ten-year-old charges at a summer camp where he was a counselor: “I’m alive, awake, alert, and enthusiastic!”

Manger now says, “By reviewing Matt’s life and writing about how we coped, I have found a profound gratitude for the life that was his. During the three years I was writing this book, I began to think that reading about Matt’s life and our family’s painful struggle to live without him could be helpful to others.”

She adds, “In my search for solace, I often felt alone and lost. My hope is that this book will bring peace to others still trudging through the dark tunnel of grief.”

Psychiatrist Julia Hinkle Penn, M.D., who has more than 30 years of experience counseling parents about grief and loss, stated, “*Riding Through Grief* is an important contribution to the literature dealing with the loss of a child.” # # #

**Footnote about the Author:** Barbara Manger is an author, artist, and art educator. Her first book, the award-winning *Mary Nohl: Inside and Outside, A Biography of the Artist*, was published by the Greater Milwaukee Foundation in 2010. Manger also co-authored a young person’s version of the book, *Mary Nohl: A Lifetime in Art*, published by the Wisconsin Historical Society in 2013. Manger has taught at Cardinal Stritch University and Alverno College. Her artwork has been exhibited nationally, and her prints and drawings are included in a number of public and private collections. She has served on the board of numerous nonprofit organizations, including the Board of Trustees of Beloit College. Manger is the recipient of the Governor’s Award in Support of the Arts for having founded Artists Working in Education Inc., a nonprofit organization that provides meaningful art experiences in schools and parks for thousands of at-risk children. Barbara Manger and her husband Bill Lynch reside in Milwaukee. Another son, Luke, and his wife Kathy and their three sons live in Wyoming.

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