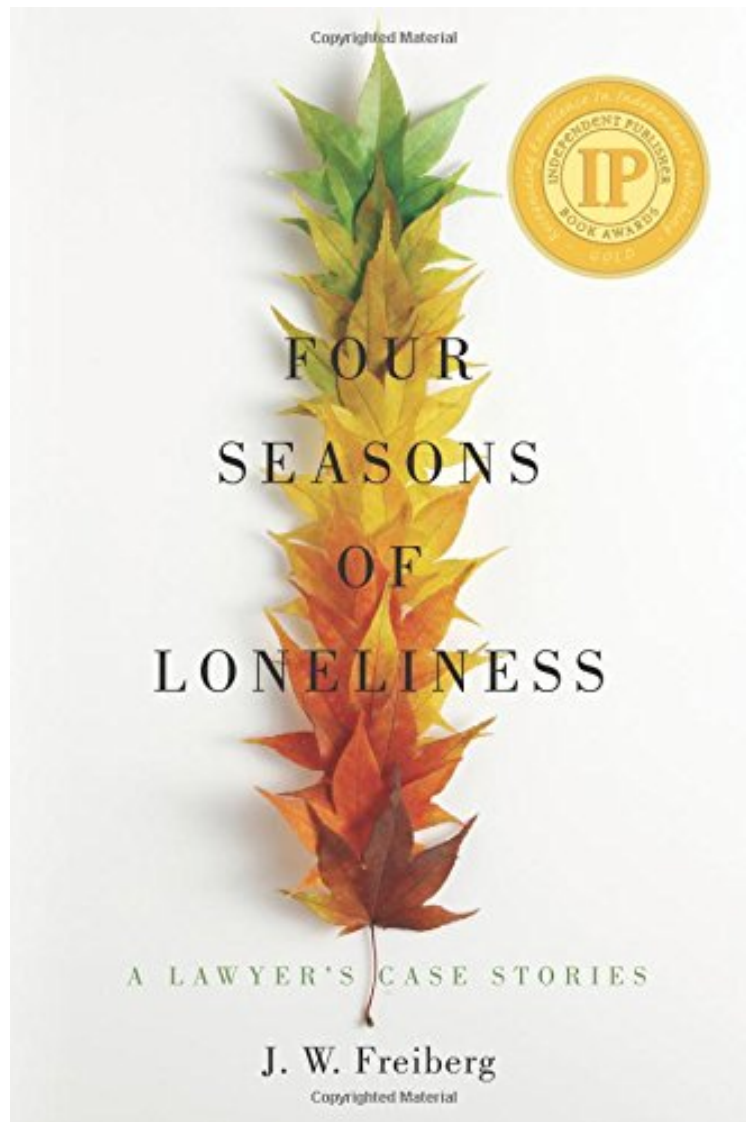


(Get free) Four Seasons of Loneliness: A Lawyer's Case Stories

Four Seasons of Loneliness: A Lawyer's Case Stories

J. W. Freiberg

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#1331015 in Books Freiberg J W 2016-08-23Original language:EnglishPDF # 1 9.00 x .65 x 6.00l, #File Name: 0997589906288 pagesFour Seasons of Loneliness A Lawyer s Case Stories | File size: 40.Mb

J. W. Freiberg : Four Seasons of Loneliness: A Lawyer's Case Stories before purchasing it in order to gage whether or not it would be worth my time, and all praised Four Seasons of Loneliness: A Lawyer's Case Stories:

5 of 5 people found the following review helpful. This was a very thought provoking book on the subject of lonelinessBy Railroadkid5This was a very thought provoking book on the subject of loneliness, not just the simple pangs we all get from time to time, but the permanent and awful state. This was not at all what I expected when ordering this book. It's not just some stories, it's real life. Freiberg chose four different cases to explain and expound on his theory. His background is brought through the story well and brings more strength to his opinions. The stories were

hard to read, not because of poor writing, but because of the personal pain portrayed. I felt for these sad and "lonely" people. Their stories were well told but definitely made me sad. This book proves that it isn't what happens to us during our lives, but how we react to those situations that defines us. 2 of 2 people found the following review helpful. These Cases are lessons on loneliness. By Andrea Smith Four Seasons of Loneliness made me think long and hard. Long about my life and the lonely people in the world. The stories shared will tug at your heart strings and they are bittersweet. I often wondered about Ashley and especially Seth Doe's fate. It's dark and disturbing and Hollywood could not create such a plot of of wicked sexual abuse. How this comes into play is that the authorities were alerted about these deeds and the children are taken from their family. Despite these wrongs the children feel a great sense of loss. Sad but true. Another narrative that struck a chord is the fall of the truck driver. Caradelli accidentally kills a young woman with his vehicle and this leads to a lawsuit. The company he works for is also to blame. The man feels remorse. He is ready to face the family of the deceased during the court proceedings and take responsibility. You understand how close Jennifer and her mother were and the father's regret. The truck driver recounts to Terry his sense of isolation. He finds solace in his books but it is not a true replacement for actual human interaction. Perhaps he couldn't relate to anyone or his father's rejection caused him to retreat from seeking connections, The saga of Henry Huddleston resonated the most with me. He lost love and he gave up hope for himself. He devoted his life studying the history of romantic love. There was a point in my life that I didn't wish to form any further attachments. My heart was heavy and I was at the abyss yet I came to my senses after reading about him. Life is better with someone to share it. 1 of 1 people found the following review helpful. What season can you relate to... By Sue Biss I think this is the perfect time for J.W. Freiberg to write a book on loneliness with all the electronic devices we have today to communicate to each other that we are becoming more and more isolated from each other and losing the nuance for really communicating to each other. I still prefer to talk to someone on the phone then all this texting going on. I want to HEAR their voice and the essence of what they are telling me about what is going on in their life. Freiberg gives you 4 seasons of loneliness by starting with the spring season with a young boy's life ruined by incest in his family and how his adopted handle incest with him and his sister to the point they disowned him and left him to fend for himself in the judicial system until he aged out, but the rest his life was still ruined by incest from where he works to where he lives. The next season summer is about a man that was in the prime of his life and how he spent 15 years of his life in solitary confinement in Mao-era China who was accused of being an American spy by people he trusted and befriended him as he tried to assimilate into the Mandarin culture. The fall season is a really sad story of a truck driver who fell asleep at the wheel of his semi-truck and killed a young twenty-six-year-old girl. His only friends were his books as he read literature and other extraordinary authors that keeps him from interacting with anyone in his life. The next season winter is about a Professor who wrote about the history of love but forgot to find others in his life to love and to die all alone without any family surrounding him in his final days. I feel any of these stories will touch you to the point you may even relate to some of the characters in each season, know I did. Hopefully, you will take away with you how to find a way to get out of the loneliness rut and starting finding new people to fulfill your life.

What happens when loneliness engulfs us? How do we manage life when the absence of adequate connections becomes an excruciating hunger? During his extraordinary decades-long career as an attorney, J. W. Freiberg consulted on hundreds of cases involving clients affected by chronic and debilitating loneliness. Here, in four adapted stories from his practice, he reveals how loneliness can impact us in every season of our lives. A fascinating cast of characters emerges: the traumatized teenager forever branded as a sexual predator, the man who spends the prime of his life in solitary confinement in Mao-era China, the truck driver whose self-education isolates him from his community, and the professor at the end of his life who has vast knowledge about the history of love but none to call his own. Told through Freiberg's unique lens of a social psychologist turned lawyer, *Four Seasons of Loneliness* explores the fallout of losing the connections so fundamental to our survival and the ways in which we seek to find again the bonds that sustain us.

"In this spellbinding book, J. W. Freiberg explores the vast territory of human loneliness with cases from his fascinating law practice. Beautifully written and impossible to put down, his stories range in theme from loneliness imposed by external events—such as world-shaking historical upheavals—to the limitations for rich social connections imposed by family structure, lack of educational opportunity, and poverty. As a lawyer, Freiberg eloquently describes how loneliness is played out in the ways people navigate through institutions and social relationships." -Bessel van der Kolk, MD, professor of psychiatry, Boston University School of Medicine, New York Times bestselling author of *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* "J. W. Freiberg's *Four Seasons of Loneliness* is a moving book that shares four compelling stories about four radically different people living very different lives. As the leader of the oldest child-welfare organization in the nation, I hear similar stories of sadness and heartache as state systems across the country fail to help sustain the adult and peer connections that children need to grow into healthy, resilient adults themselves. This book is a must read." -Joan Wallace-Benjamin, PhD, president/CEO of the Home for Little Wanderers "J. W. Freiberg has written an amazing book. I was riveted by his style of writing and his

humane approach to very extreme situations. Connections are most important to our well-being and to our self-esteem, and for those who have lost connections, it is clear that they have lost a part of themselves. Freiberg gives us a window into the souls of the perpetrators and the victims, and he does it with courage, care, and no condescension whatsoever. This is a book about and for humans who are grappling with their humanity and with understanding the challenges and diversity of others who live in our very same world. This is a magnificent book." -Dr. Joyce Maguire Pavao, lecturer in psychiatry, Harvard Medical School, CEO of Pavao Consulting and Coaching "J. W. Freiberg has created a masterpiece of an unusual kind. The unique combination of legal and social-psychological perspective in exploring loneliness in the lives (and cases) of four very different individuals is at once compelling, disarming, and educational. The reader cannot help but walk away with new personal insights into the importance that loving connections play in his or her own life." -Christopher F. Small, former executive director of the Italian Home for Children in Boston, author of *The Italian Home for Children* "Freiberg's posit, premise, research, observations, and lived experiences with isolation and its impacts are spellbinding and attention grabbing. There are so many clinical implications of this, especially in relation to the trauma work that I do as a professional clinician working with what we call 'attachment and attunement.' I love the premise that loneliness is not an emotion but a sensation. I can't even begin to wrap my clinical brain around where this could go in the future of trauma treatment. I loved it." -Denise M. Hamilton, LICSW, chief operating officer of Boston Youth Sanctuary "Each of the true stories in *Four Seasons of Loneliness* presents a fascinating unfolding of a life that demonstrates the centrality of connection to psychological wellbeing. In each tale, Freiberg's dual perspective allows what seems at first like a simple and clear-cut law case to become a complex and surprising analysis of the underlying social psychology of his clients. This is a smart and well-written book that makes its point through honest, compelling storytelling." -Dr. Jocelyn Tager, PhD, Clinical Psychologist

From the Author I want readers to think about nurture and make new connections. About the Author J. W. Freiberg holds a PhD from UCLA and a JD from Harvard Law School. He is the author of the critically acclaimed books *Critical Sociology: European Perspectives* and *The French Press*, as well as over thirty-five articles, book introductions, and other scholarly works on social psychology and legal issues. He is an active member of the Massachusetts state bar and the bar of the Supreme Court of the United States. He serves as a justice of the peace in Massachusetts, where he resides with his wife.