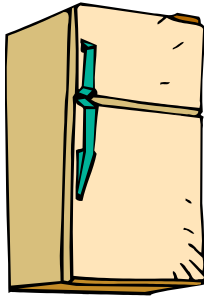


**Refrigerator Quote\***  
**Number 8.**



**A quote from Steve Biddulph:**



*There are men who wake up in the morning energized and happy.*

*Whose partners and children love and trust them.*

*Who do work they believe in and enjoy.*

*Have loyal and interesting friends.*

*And are deeply involved in the wider world.*

*They may not be famous or wealthy.*

*They value something quite different.*

*They are learning to be real.*

\* From a book about grieving # "I call these "refrigerator quotes" and ask griever to put the quotation on a refrigerator door so they and members of the family, or friends, will see it. Some participants photocopy the quotes and pass them on. Others carry the quotes in a purse, notebook, or wallet for further reflection. The more they read and ponder a refrigerator quote, the more meaning it offers." (p.11.)

**#Borrowed Narratives: Using Biographical and Historical Grief Narratives With the Bereaving** by Harold Ivan Smith, published by Routledge Mental Health.



---

· Biddulph, 2010 The New Manhood: The handbook for a new kind of man. (Frontispiece).