



Closure: The Rush to End Grief and What it Costs Us

Nancy Berns

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When it comes to the end of a relationship, the loss of a loved one, or even a national tragedy, we are often told we need "closure." But while some people do find closure for their pain and grief, many more feel that closure does not exist and believe the notion only encourages false hopes. Sociologist Nancy Berns explores these ideas and their ramifications in her timely book, *Closure*. Berns uncovers the various interpretations and contradictory meanings of closure. She identifies six types of "closure talk," revealing closure as a socially constructed concept and a "new emotion." Berns explores how closure has been applied widely in popular media and how the idea has been appropriated as a political tool and to sell products and services. This book explains how the push for closure--whether we find it helpful, engaging, or enraging--is changing our society.

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