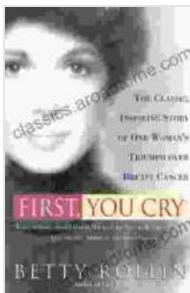


# First You Cry: A Memoir of Love, Loss, and Redemption

In her memoir, *First You Cry*, author Donia Bijan weaves a powerful and moving tale of love, loss, and redemption. This is a story of one woman's journey through the depths of despair to find hope and healing.

Bijan begins her story with the sudden and unexpected death of her husband, Javad. Javad was a loving and devoted husband, and his death left Bijan shattered. She felt lost and alone, and she didn't know how she would go on without him.



## First, You Cry: First You Cry by Betty Rollin

★★★★☆ 4.4 out of 5

Language : English

File size : 442 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 244 pages



In the days and weeks that followed Javad's death, Bijan struggled to come to terms with her loss. She experienced all the classic stages of grief: denial, anger, bargaining, depression, and acceptance. At times, she felt like she was going crazy. She couldn't sleep, she couldn't eat, and she couldn't concentrate on anything.

But even in her darkest moments, Bijan never gave up hope. She knew that she had to find a way to heal, and she was determined to do whatever it took.

With the help of her family and friends, Bijan slowly began to rebuild her life. She started by taking care of herself, both physically and emotionally. She started eating healthy, getting enough sleep, and exercising regularly. She also started seeing a therapist, who helped her to process her grief and develop coping mechanisms.

As Bijan healed, she began to find new meaning in her life. She started volunteering her time at a local hospice, and she found that helping others helped her to heal herself. She also started writing, and she found that writing was a way to express her grief and to connect with others who had experienced loss.

*First You Cry* is a powerful and moving memoir that will resonate with anyone who has ever experienced the pain of loss. Bijan's story is a reminder that even in the darkest of times, there is always hope. With love, support, and determination, we can all heal from our losses and find new meaning in our lives.

### **Praise for *First You Cry***

"A beautifully written and deeply moving memoir. Bijan's story is a testament to the power of love, loss, and redemption." - **Khaled Hosseini, author of *The Kite Runner* and *A Thousand Splendid Suns***

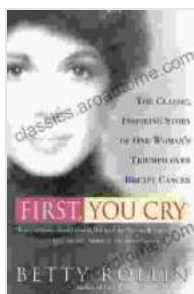
"A powerful and inspiring story that will stay with you long after you finish reading it. Bijan's journey is a reminder that even in the darkest of times,

there is always hope." - **Elizabeth Gilbert, author of *Eat, Pray, Love***

"A must-read for anyone who has ever experienced the pain of loss. Bijan's story is a powerful reminder that we can all heal from our losses and find new meaning in our lives." - **Oprah Winfrey**

### **Buy *First You Cry* Today**

*First You Cry* is available for Free Download at all major bookstores and online retailers. To Free Download your copy today, click here.



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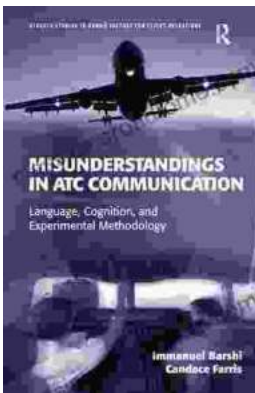
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