



# **Real Women Cry (And Real Men Let Them): Embracing Our God-Given Gift of Tears**

*Catherine DeBenedetto*

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Developed in response to a personal tragedy, “Real Women Cry (and real men let them): Embracing our God-given gift of tears” is a comprehensive look into the critical role of emotional tears in the process of pain and suffering. In a day of “quick-fix” solutions, the book encourages readers to embrace crying and the process associated with suffering by bringing together the scientific and spiritual evidence that supports the therapeutic place of tears, particularly in regard to women. With the help of expert researchers and clinicians, Catherine Cieciuch DeBenedetto identifies the normal and appropriate biological place of crying and recognizes tears as a “God-ordained gift” intended to help move us through seasons of pain and change. Specific evidence is presented to dispel age-old disparities between men and women regarding tears and crying.

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