

stvenici rigorozne znanosti biblijske tekstualne kritike. Ti obrazovani i radini muškarci i žene priredili su izvrsna pouzdana kritička izdanja teksta Staroga i Novoga zavjeta. Zahvaljujući njima, vjerujem da ni autora knjige *Radost Božje riječi* p. Nikolića ni na trenutak nije mučio trn sumnje u autentičnost biblijskoga teksta dok ga je tumačio za svoje čitatelje.

Pisac ovoga osvrtu čestita autoru knjige *Radost Božje riječi*. Pri tom ga raduje činjenica što je Nikolićevo djelo na egzegetskim valovima katoličke biblijske interpretacije. U skladu s Isusovim riječima “Duc in altum!” (Lk 5,4), neka knjiga Mirka Nikolića *Radost Božje riječi* plovi na navjestiteljskim molitvenim i meditativnim dubinama i širinama!

*Pero Vidović*

Ivan Platovnjak. *Preobrazba bolečine: Skupaj na poti žalovanja*. Ljubljana: Založba Dravljje, 2025.

This book on mourning raises a very important topic, one that is probably the most neglected topic in modern life. Today we are reluctant to hear about ageing, illness and death, and we delude ourselves into thinking that “50 is the new 30”, as if such incantations and whims could protect us from that which we fear. Life has an end, the body starts to fail, the skin starts to wrinkle despite creams and diets. For this reason it is both valuable and essential that we now have before us these chapters on the pain of grieving, written with clarity and honesty. Some things in life are inevitable, and regardless of how hard we try, we cannot be fully prepared for them. They strike us at our core, and in those moments, it appears as though they will never pass. The author of this book, a professor at the Faculty of Theology at the University of Ljubljana, wishes to

help us on this journey and to stand at our side. He offers exercises and methods for navigating the twists and turns of the journey, guiding us to confront the pain rather than avoid it. When we run from pain, we are unwittingly prolonging the time of suffering. Meanwhile, our entire being feels our loss and struggles with it, but because the mind turns itself away, it prevents the body from fully confronting our grief. Many health problems can result from prolonged or unacknowledged mourning, characterized by increased stress levels or even chronic stress. Many dark, negative thoughts can emerge from situations in which we have lost someone close to us—someone we were deeply attached to and powerless to keep by our side. Many adult behaviours demonstrate traits that are rooted in early experiences of loss or abandonment, such as clinging, feeling lost or empty, experiencing profound helplessness and distress.

In this book, you will be invited to go along the path of mourning and to train yourself for the process of grieving, which, to be sure, is always unjust: it takes away someone you need. You will learn the following: how to find a way to address the injustice, if this is how you feel about the loss; to express your anger and frustration constructively; to understand how the loss has affected you; to learn to live with difficult feelings of loneliness, abandonment and even meaninglessness; and finally, you will learn how you can open yourself to new life and God’s presence.

The book also includes a chapter for those who wish to learn to express their condolences and offer support to one who has suffered a loss. Many who are undergoing a period of grieving say that they have lost most of the friends and acquaintances that they had before the death of a loved one. Many claim to finally have realized who their true

friends are. The author of this book explains that ignorance is the cause, as most people do not know how to conduct themselves in the presence of one who is grieving. Somehow, most people know what to do when they hear the sad news and when attending a funeral, but not how to support a grieving person after a month or more has passed since the funeral. In this book such ignorance is eliminated, for concrete advice is offered on how to genuinely help a grieving friend.

I highly recommend this book to anyone who has ever felt that past losses have deeply embittered, paralyzed,

or repeatedly pulled you back into a past that you are trying to revive in the hope of altering it. The main message is that such behaviour is normal, but that there are also possibilities open to you if you decide to reach out to those who have walked the path of grief before you and who would now like to try out these possibilities with you. Grieving indeed differs somewhat for each person, just as losses differ and broken relationships differ; however, in the process of grieving, a web of new relationships can be woven around broken relationships.

*Tomaž Erzar*