

AUTHOR & GRIEF SUPPORT ADVOCATE

**R. GLENN KELLY**

MEMPHIS, TN



**PRESS  
RELEASE**



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## **Unspoken Topic of Male Grief is the Focus of Mid-South Author, Public Speaker, and Grieving Father**

**Olive Branch, MS** – In a September television interview with the Trinity Broadcast Network, R. Glenn Kelly spoke of the almost non-existent support for men who have experienced the death of someone near and dear. The scarcity became even more obvious to him after the release of his latest book, “Sometimes I Cry In The Shower: A Grieving Father’s Journey to Wholeness and Healing.” Shortly after the early July publication, he was contacted by, and became involved with leaders from several national non-profit grief support organizations who recognized their own gap in support focused on men. Since then, R. Glenn has accepted positions on the board of two national organizations; Cry for Me, No More, Inc., and the National Grief and Hope Coalition.

In June of 2013, R. Glenn lost his sixteen-year-old son and only child, Jonathan Kelly, to heart failure after a life long struggle with the rare cardiovascular disease known as Hypoplastic Left Heart Syndrome. While recovering from a relatively routine heart catheterization at Le Bonheur Children’s Hospital in Memphis, Tennessee, Jonathan’s heart unexpectedly gave out and his young life on earth tragically came to an end. Like most men, R. Glenn went about the man-like business of supporting those around him by taking care of burial preparations and the emotions of other family members who were debilitated by the sudden loss.

On his return to work as an executive with a large security firm, R. Glenn would continue to stifle his own grief, thinking it best for his needs in supporting some 1,500 employees under his charge. When asked why he felt this was so important to him at the time, R. Glenn replied, “Men are raised to not only keep emotions which show us as weak hidden from others, but hidden from ourselves as well. We did not learn this only from our fathers and male role models; it was programmed in our very DNA as well.”

Early one winter morning in the solitude of the shower, R. Glenn stated he was visited by his son’s spirit. He told us, “I didn’t hear words. Instead, I felt a deep, deep disappointment from my child. It touched me in my very heart and I felt genuine shame for not recognizing my child’s life. The life-saving procedures done to rebuild his fragile heart as an infant resulted in massive amounts of study by the medical community over the years. Because of my son

Jonathan, many other children born after him with the same heart condition will go on to live better, fuller lives. How dare I let his legacy leave this world with him? I was not sure just what I was going to do in honor of his legacy, but I knew I had to grieve first. He told me so.”

Sadly, R. Glenn did know he would not seek professional help to grieve. His male ego had been created not only through childhood rearing, but enhanced by his adult career, which began in the U.S. Marine Corps, then law enforcement in our Nation’s Capital, and on to senior level positions with some of the largest defense contractor’s around the globe. There was no way he was going to lie back on anyone’s couch. He would turn to books, though, if only they were out there. No stranger to the internet, R. Glenn set out to find something in print to help, but came away from exhaustive searches with very little. Instead, he found no choice but to turn to books, published studies and other clinical research papers on emotions in general, as well as how both men and women express them so differently.

Combining his studies with the observations of his own life over the years, as well as other men he considered prominent in his life, R. Glenn wrote his work, “Sometimes I Cry In The Shower.” Within his publication, he discusses what keeps the typical man from expressing the so-called, “weak” emotions, as well as covering other such topics as guilt, male ego, emotions within grief, the Normalcy Bias, false anger, humility, spirituality and so much more. His book has been well received in the grief support communities, and one select chapter has actually become required reading within a psychology course curriculum at the University of Memphis.

Having spoken professionally in front of large, industry based crowds throughout his adult life, R. Glenn decided to scrap the “corporate life” completely and use his voice and strong public speaking skills to promote the advocacy of men in grief. Asked which venue of presentation he enjoys the most, he replied, “I enjoy television and radio interviews and I feel great in front of any live audience, but interestingly enough I am involved in a series of webinars where attendees are joining in from places like Australia, Alaska and every corner of the United States. Instant support worldwide is a phenomenal experience.”

### **Male Grief Advocacy Speaking Engagements**

- **Conferences - National & Regional**
- **Workshop Instructor/Participant**
  - **Companies (Local & Nat’l)**
  - **Hospitals**
  - **Churches**
  - **Hospice**
  - **Family Requests**
- **Television Talkshow and Interviews**
- **Radio Talkshow and Interviews**
- **Webinar Instructor/Participant**
- **Book Signings**
- **Universities – Guest Speaker**
- **Public and Private Schools**
- **Other as Requested**

### **SOMETIMES I CRY IN THE SHOWER**

**A Grieving Father’s Journey  
to Wholeness and Healing**



Available in Paperback and eBook  
Amazon.com / Barnes & Noble