

## **Resilience Through the Storm: The Long Goodbye Twice Shares a Moving Perspective on Caregiving and Faith**

# THE LONG GOODBYE TWICE



RALPH GREEN

**Artesia, New Mexico Apr 16, 2026 ([IssueWire.com](https://www.IssueWire.com))** - In a world that often overlooks the quiet sacrifices of caregivers, Ralph Green's memoir, *The Long Goodbye Twice*, offers a powerful and intimate look at what it means to love through the hardest seasons of life. Drawing from his background as a veteran and firefighter, Green brings a unique, steadying voice to the narrative of loss, demonstrating that the strength required to save a life is often the same strength needed to walk someone home.

More than a chronicle of illness, *The Long Goodbye Twice* is a tribute to the resilience of the human spirit. Through the "unraveling of memory" with his first wife, Rummy, and the physical decline of his second wife, Delfina, Green invites readers to witness the "stormy prayers" and "blessed time" that define the caregiving journey. It is a story told not from a distance, but from the front lines of the heart—revealing how a lifetime of service prepared him for his most important role yet.

### **Book Synopsis: Finding Light in the Shadows of Loss**

At its core, *The Long Goodbye Twice* explores the profound reality that grief is born from deep love. Green recounts his life's journey—from working in his mother's nursing home at age eight to his years in the Navy and the Fire Department—framing these experiences as "God's original training ground" for the challenges to come.

The memoir navigates two distinct paths of saying goodbye, offering "obvious indicators" and hard-won wisdom for others walking similar roads. With a blend of conversational warmth and "comical wit," Green illustrates that while the body or mind may fade, love survives the unspeakable. The book emphasizes that every small act of service—every hand held and every meal made—is a "holy act" that matters more than words can express.

### **Key Themes and Insights**

- **The Caregiver's Heart:** A rare male perspective on the emotional and physical demands of long-term caregiving, emphasizing presence over perfection.
- **Faith Through the Storm:** An honest look at "stormy prayers" and maintaining a spiritual foundation when life becomes unrecognizable.
- **Resilience and Growth:** How a background in public service and the military fosters a "brotherhood" mentality that applies to domestic devotion.
- **Love's Continuation:** A reminder that love is not limited to one person or chapter, but "stretches and deepens" even after the final goodbye.

### **About the Book**

**Title:** *The Long Goodbye Twice*

**Author:** Ralph Green

**Genre:** Inspirational Memoir / Health & Wellness / Caregiving

*The Long Goodbye Twice* is a reflective and deeply personal account of loving and losing twice. Through storytelling that is both plain-spoken and profound, the book provides comfort and a "standard of care" for anyone navigating the complexities of Alzheimer's, terminal illness, and the grief that follows.

### **About the Author**

Ralph Green is a veteran, firefighter, and devoted caregiver whose life experiences shaped a deeply moving story of resilience and compassion. Living in Hagerman, New Mexico, he reflects on decades of love, sacrifice, and personal growth. Through his memoir, Ralph shares a rare perspective on caregiving, faith, and the emotional journey of loving deeply and letting go—making him a powerful new voice in inspirational memoirs.

### **Availability & Contact**

*The Long Goodbye Twice* is now available in digital and print formats through major online book retailers, including Amazon.

Readers seeking inspiration, comfort in grief, or a deeper understanding of the caregiving experience will find this memoir to be a vital and heart-stirring companion.

For purchasing book copies, reviews, or to connect with the author, please visit the following channels:

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[Instagram](#)

[Amazon: \*The Long Goodbye Twice\*](#)

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