

**one long listening: a memoir of grief, friendship, and spiritual care.** By Chenxing Han, Berkeley: North Atlantic Books, 2023, 304 pps.

Chenxing Han's memoir offers a valuable window into caring for people of diverse linguistic, ethnic, and religious backgrounds. Readers follow Han on her journey to healing as she processes the grief of her friend's death. The book is written in a non-linear fashion, in what Han calls "a mala bracelet of rumination-worn beads" (p. xvi). Organized thematically around aphorisms from the Chinese and Japanese languages, Han weaves together different pieces of her life as she finds healing in words and rituals.

Bit by bit, readers get to know Han's college roommate Amy, whose exuberant life and early death have a profound impact on Han. As Han remembers their friendship, we accompany her on international travels to a Taiwanese Buddhist University, urban apartment in Cambodia, and pilgrimage to Ireland where she scatters Amy's ashes. Interspersed in this are flashbacks to Han's childhood and complicated relationship with her parents as they experience the intergenerational effects of immigration and separation.

Chaplains and clinical supervisors will benefit from Han's depictions of her CPE experience at a San Francisco Bay Area hospital, where she documents with loving detail the people she encounters and how they impact her. Han is candid and does not gloss over the exhaustion and mental toll of the CPE residency. She shares her highs and lows, noting personal insights along the way as she strives to offer what she can to patients—be it comfort, presence, or the companionship of a shared cultural background.

I appreciated the use of original Chinese characters (along with Thai, Khmer and Japanese) throughout the book. Han's choice not to translate non-English terms is a bold and welcome one. While this may make it more challenging for those unfamiliar with the languages to follow along, it is well worth the struggle. In leaving words the way they appear in her own mind; Han ingeniously invites us into her worldview. The play on language mirrors Han's own struggles feeling at home in different contexts as others try to reconcile her speech and physical appearance.

Throughout the book, Han's voice rings through beautiful and clear. At times she is solemn, confessing her wounds and speaking frankly of her internal suffering. At other times she charms readers with humorous asides and funny observations. Particularly noteworthy are Han's descriptions of her friend Amy's ability to embrace life even in declining health. This is a book that affirms the wonder of life and inspires us all to love more deeply in the midst of grief. It is a commendable contribution to the spiritual care field and will be enjoyed by clinical supervisors, field educators, and chaplaincy professionals alike.

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