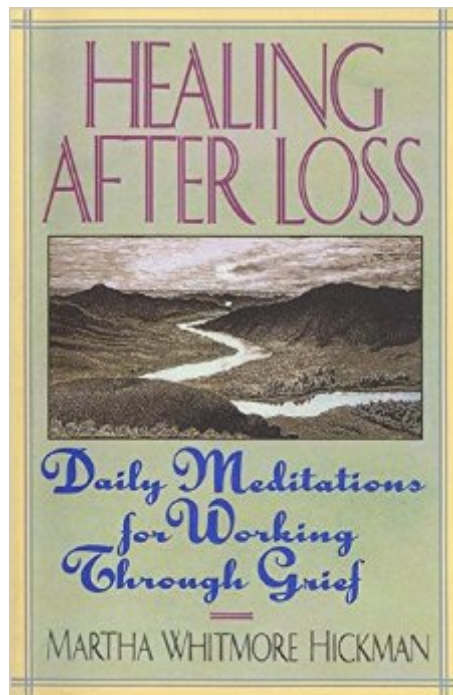


The book was found

# Healing After Loss: Daily Meditations For Working Through Grief



## Synopsis

For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

## Book Information

Series: Daily Meditations

Paperback: 384 pages

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ISBN-10: 0380773384

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Product Dimensions: 4 x 0.8 x 6 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (1,183 customer reviews)

Best Sellers Rank: #616 in Books (See Top 100 in Books) #1 in [Books > Self-Help >](#)

[Relationships > Love & Loss](#) #2 in [Books > Religion & Spirituality > Worship & Devotion >](#)

[Devotionals](#) #4 in [Books > Self-Help > Death & Grief](#)

## Customer Reviews

"Healing After Loss" was given to me after the sudden and unexpected death of our 14 year old son in March. The loss is so terrible and unimagined. We have struggled to go through each day without our only child, our wonderful son. The friend who gave me the book had lost both her parents and her maternal grandparents within a 10 year span. She actually brought over her own dog-eared copy saying that I needed it now and she didn't have time to get a new one. Since then I have ordered my own as well as copies for my parents, Aunts and Uncles and friends. This book has incredibly insight, hope, understanding and some new ideas delivered in small doses (the tiny shafts of light in the darkness). Since concentration levels are so affected during grieving, the one page entries are easy to read or skip, if you need a one that will more fit your moment. With grief, at least for me, it seems like my mood and outlook can change so much within a couple days - this book fills many needs. Although my husband hasn't read it like I have, I will now and again give him a page to read that is particularly insightful for us at that moment and it can, however briefly, help him as well. At first I read what ever I turned to when I opened it, then I read all the dates that were significant to me, now I am reading it like a daily diary. Last week I was talking to my friend, she has a copy, and although she listened she didn't feel she had an answer for me. Later, she called back

giving me a page in the book to read - it was so completely accurate for that moment and feeling - I felt a bit of strength after reading the page. I cannot say enough about the author and her grace, strength and ability to comfort.

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