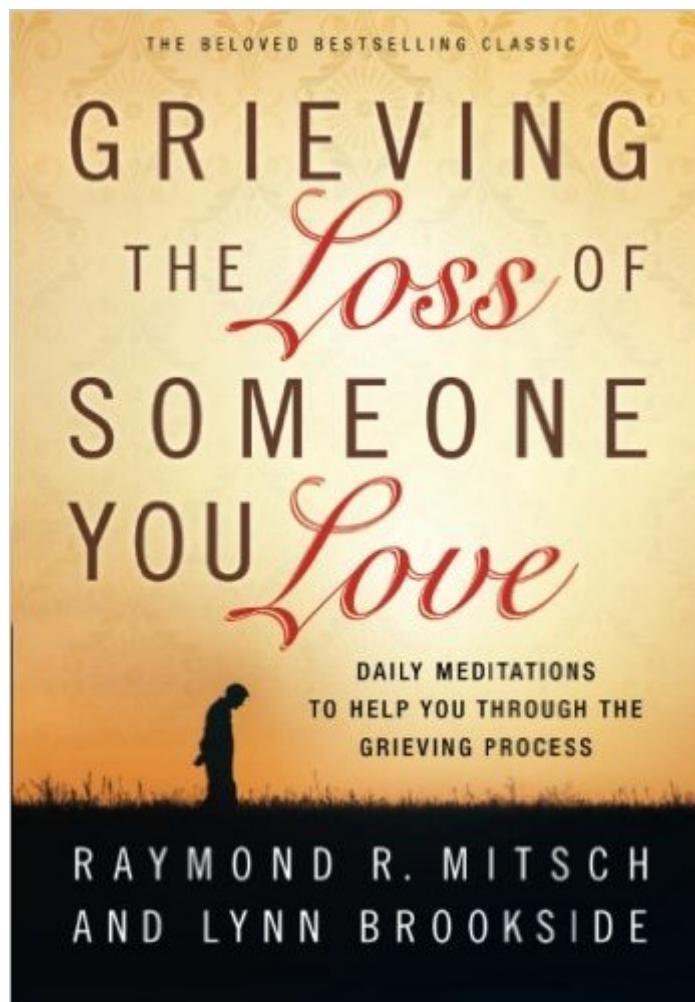


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# Grieving The Loss Of Someone You Love: Daily Meditations To Help You Through The Grieving Process



## **Synopsis**

This series of thoughtful daily devotions can help you endure the anguish and uncertainty; understand the cycles of grief; sort through the emotions of anger, guilt, fear, and depression; and face the God who allowed you to lose the one you love.

## **Book Information**

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Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ  (172 customer reviews)

Best Sellers Rank: #23,264 in Books (See Top 100 in Books) #20 inÂ  Books > Christian Books & Bibles > Christian Living > Death & Grief #53 inÂ  Books > Self-Help > Relationships > Love & Loss #91 inÂ  Books > Self-Help > Death & Grief

## **Customer Reviews**

My husband died totally unexpectedly four weeks ago and a friend pressed a copy of this book into my hand about a week later. Even though I was shell-shocked it was very easy to read - you can pick up and put down easily - skip the chapters that do not yet pertain to how you are feeling and repeatedly read the ones that do apply to the myriad of emotions you are experiencing. I am returning the book to my friend but will buy at least three more copies, one for myself and the rest for friends/family going through similar experiences. The book provides hope when you feel things are at their most hopeless.

My father-in-law was killed instantly in a motorcycle accident. This was the only book that my mother-in-law could concentrate on right after it happened. The chapters are short, very specific, and include a short scripture reference. I've just ordered it for a newly-widowed woman at our church.

After the loss of our baby at 13 weeks pregnancy, the death of my father 1 month later, and the death of my grandmother 2 weeks after that, I needed the help and support that this book gave me

to guide me through an intense period of grief. The authors helped me to realize my feelings were normal, and that I wasn't going crazy. I have since given this book to my mom, my brothers and sisters, and my best friend who recently lost both her mom and dad within a three week period. Everyone I have given this book to has said how helpful it was to them, also.

I am amazed and inspired by this little book. Every short chapter, written in a daily devotional style like a Christian or 12-step recovery book, has reaffirmed the thoughts and feelings I hesitate to express openly to some people at church. My sister Andrea died unexpectedly 1 week ago (today is 1/6/02) and it's been...hard (and it's hard to find the right word to describe how it's been). I found this book "by accident" at a used book store. Now I am ordering copies so I can give this one to her husband and son. Thank you Jesus for the openness and honesty and truth in this little book, it's going to help with a lot of healthy grieving and healing in the next few years.

When my Mom died, I experienced grief for the first time. It was a very odd experience. A friend gave me this book. It helped me to understand my feelings and to cope with them. I have given it to each friend since who is experiencing grief. Although written from a Christian world view, my non-Christian friends have appreciated the practical approach the authors take.

After my son committed suicide a friend mailed us this book. I found much comfort in the short concise biblically based chapters. God used this book to minister to my soul like no other resource could. It helped me to understand what I was going through physically, emotionally, and spiritually. This book is great for anyone experiencing grief through a death of someone special to them. I misplaced this book and then three years later again picked it up and still found it extremely helpful. Great for yourself or to give to a friend.

This book is a must for those who are grieving the loss of a loved one. I found the short meditations helpful for days when I couldn't concentrate for very long. Other days, I would read two or three of the meditations. They have all addressed issues I could relate to and personally was experiencing. An excellent book for encouraging anyone going through the grieving process.

Two years ago my husband died in a rock climbing accident. My 2 children, myself, and our whole community were totally devastated. Other books people gave me seemed trite, cook-bookish, or extremely psychological. I happened upon this littlebook in a bookstore, and found it to be the most

helpful of any I read. It has short (1 1/2 page) daily readings which I found brought up emotions and issues that I had been feeling, but perhaps didn't know how to put into words, or how to organize these thoughts in my mind. There were several readings dealing with children and grief. I often used these readings as a jumping-off point for my own personal journal writing, and was comforted to realize that others had gone through similar emotions and thoughts as I had. I have bought 5 copies to give to friends experiencing grief, and am buying 2 more today.

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