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Experiencing Grief



Synopsis

At one time or another, we will all find ourselves facing a dark journeyâthe passage through grief. Experiencing Grief is written for a person who is in the wake of despair grief leaves. This brief but powerful book will help lead readers out of their grief experience through five stages of grief. At the end of the journey is peace and a seasoned, more mature faith.

Book Information

Paperback: 92 pages

Publisher: B&H Books (July 1, 2004)

Language: English

ISBN-10: 080543092X

ISBN-13: 978-0805430929

Product Dimensions: 4.2 x 0.2 x 6.5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 172 customer reviews

Best Sellers Rank: #17,876 in Books (See Top 100 in Books) #19 in Books > Christian Books & Bibles > Christian Living > Death & Grief #85 in Books > Self-Help > Death & Grief #110 in Books > Christian Books & Bibles > Christian Living > Self Help

Customer Reviews

The book is very helpful in my time of need. It answered questions, gave me hope, and explained that I was responding normally. It is good to know that there is light at the end of this dark tunnel. It also gave me insights of encouragements that I am looking forward to. I would definitely and I already have recommend it too others who have lost their life partner.

Reading this book has been a soothing experience in the midst of my grief. Being able to grasp some understanding of the many facets of Grief brought an ability for me to cope during this journey. The author's amazing insight into grief caused me to wonder if he could read my mind and emotions. This book should be read by every minister, doctor and lawyer. It also should be read by anyone experiencing grief. Thank God for this amazing author and His writings.

If you are looking at this book, firstly I want to give my condolences. I lost my loved one 2 years ago. During that immediate period of grief it was hard to concentrate. This book is small and I could read the brief entries that gave me comfort and at times understanding. I have given copies to people

who have also suffered loss. Not everyone understands the depth of grief when losing a loved one. This is a go to book when you need comfort especially when there is no one around that can help you understand the way you are feeling.

Very informative. It has and is helping me through a very difficult time. It helps me know that the things I'm going through are normal for this difficult time in my life. It gives me hope that I will come out of it, but yet I know I must go through it to come out. It's been very difficult, but I take one day at a time. I lost the love of my life, my fiance 2 1/2 months ago. It was sudden. So I'm having a difficult time with it and this book has helped me. I would recommend it for anyone going through a loss no matter what kind of loss that is.

I wish I had found this book first after my husband passed away. It was as if he was speaking directly to me and what I was feeling was not abnormal. I highly recommend this book for anyone grieving.

Highly recommended. I lost my little brother a few months ago and this book has been extremely helpful. It lets you know that what you're feeling is normal. It very accurately describes what your feeling. It's short, to the point but extremely deep and insightful. I recommend it to anyone who has experienced or is about to experience loss. I would highlight parts that are most helpful to you so you can return to them in hard times during you're long journey through grief.

This book helped me tremendously in understanding what all I was going through after my mama died. It helped me put all that I was experiencing in perspective - and that helped me face it and then take the next step back to being happy again.

After the deaths of my 15-year old daughter Elizabeth in February of this year and my Mom in May, I have been searching for a good book on grieving. After starting and tossing aside a number of books on the topic I found what I was looking for in this short, concise, powerful book. Grief can be overwhelming, even for a mature Christian, but this book helps us come to grips with our random thoughts and feelings and allows us to navigate our way through grief with God's help. I cannot recommend this book highly enough! If you've lost a loved one buy it for yourself. If you know someone who's lost a loved one buy one for them. They'll thank you for it. I've purchased extra copies to give away to those I know who've lost a loved one.

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