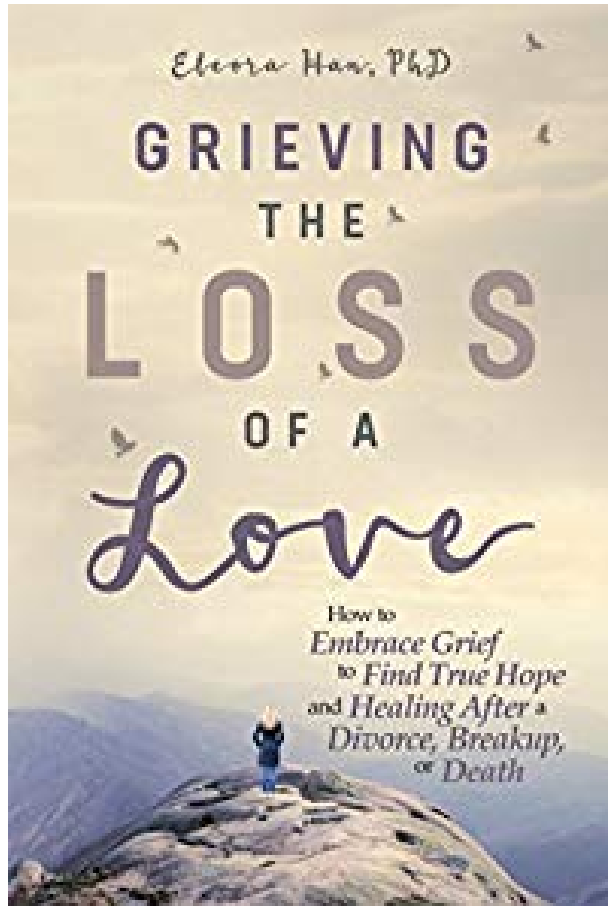


Grieving the Loss of a Love: How to Embrace Grief to Find True Hope and Healing After a Divorce, Breakup, or Death



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[Grieving the Loss of a Love: How to Embrace Grief to Find True Hope and Healing After a Divorce, Breakup, or Death.epub](#)

For those who have experienced the loss of a love, this thoughtful book offers courage and comfort. Some of us face the death of a loved one while others face the end of a relationship or a painful divorce, but everyone who finds themselves in the midst of loss—whether willingly or forced by circumstances—grieves and could use solace, wisdom, and connection. Drawing from her personal and professional experiences with grief and loss, psychologist Eleora Han offers a candid and moving reflection of grief and explains how embracing grief may help us stay rooted in love, and how accepting our lack of control can help us find peace. She offers reassurance that, however, painful the loss, we can make it through. Each chapter guides you in a quest to experience loss as a positive, life-changing journey, one that can help you to: cultivate connection, love more deeply and wholeheartedly, explore the beauty of forgiveness and spirituality, and find hopeful meaning and purpose toward the future. Weaving in recent research on grief with relatable personal stories and practical insights, this book offers essential wisdom and truth for those intent on making their way forward through grief and loss and, in the process, awaken to deeper love, gratitude, and wholeness. *Free Grief Journal and Grief Resource List for readers. See end of book for details.