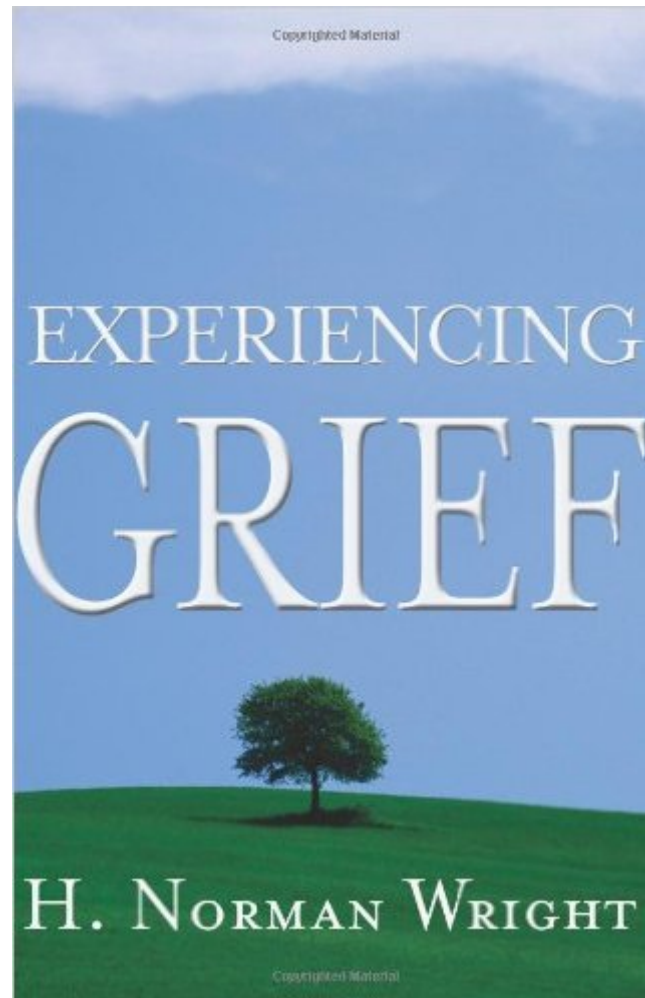


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# Experiencing Grief



## 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

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Average Customer Review: 4.7 out of 5 starsÂÂ See all reviewsÂ (143 customer reviews)

Best Sellers Rank: #27,761 in Books (See Top 100 in Books) #27 inÂ Books > Christian Books & Bibles > Christian Living > Death & Grief #104 inÂ Books > Self-Help > Death & Grief #207 inÂ Books > Christian Books & Bibles > Christian Living > Self Help

## Customer Reviews

My pastor gave this book to me after my son died. After reading it, I HAD to purchase additional copies to give away. After the death of a close friend or family member, there are so many feelings we go through, and this book describes and addresses all of them I went through! Even one I didn't realize, from my Father's passing two years prior to reading this. It gives the reader understanding of tumultuous feelings of loss, regret, guilt, AND release from any guilt, plus encouragement for the future. I highly recommend this book for yourself, a family member or friend; it will be one of the best things you could do.

This book describes the many different feelings grieving people have and offers assurance that healing will come but not according to some preset time table. The one who is grieving will better understand that his experience is normal and those who want to help will have more empathy after reading this book. The author writes from a Christian perspective and includes some Scripture references, but the approach is gentle and should not be offensive to a non-Christian. The book is short, easy to read, and is small enough to be tucked inside a condolence card. I plan to buy

several copies.

Six months after my wife died, I just knew that I was going crazy. I was an emotional wreck. I was going through the motions of life well enough, and was a functioning member of society, but inside I was in agonizing pain and confusion. I found a grief support web site, and looked through some of the recommended books. I bought this one, and I am SOOOO glad I did. I am NOT going crazy. I still hurt. I'm still grieving. But now I understand the nature of grief; I know what to expect; and I know I have better days ahead. This book is small and concise. It does a good job of telling you what you need to know, and then lets you get on with life. With the help of God. This book does not preach, nor does it say to cast all your problems at God's feet and they will go away. What it does is explain grief, and remind us that God walks this lonely path with us. I found it VERY helpful and reassuring.

This book is excellent. I read it about 1 month after my 3 year old died and I loved it. It is short, and a very easy read. Many books can be difficult to absorb in the fog of grief. Helped me understand places I was in, emotions I was experiencing, gave practical ideas for healing, and helped with expectations to come in the grief journey. This is very practical and I believe would be an excellent gift to anyone in grief, and at any point from the first day of mourning on. I would pay 3x the cost for the item!

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.

I received this little book following the death of my husband. It answered so many questions and quelled so many fears, all the time letting you know you aren't the first to feel them, or to be brought to your knees by them. It gives a suggested guideline as to how to approach life once again. I have since bought many copies and give them to friends and acquaintances in their time of grief.

Dr. Wright covers all aspects of grief. Explains the difference between mourning and grief. He covers every imaginable emotion associated with grief and the overall message is you are okay. He discusses the time issue very compassionately. Also such things that aren't usually talked about such as grief over someone that was more unloved than loved. I found this booklet to be rich with information, so much so that I had to read bits at a time and let it soak. It was also a very encouraging booklet. I have given out a copy to other family members and have one for resource and bought a few extras as I work with women dealing with grief a lot. Well, worth the read!

I have read many books on grief since my husband died seven months ago. This book was of real comfort. It is concise but compassionate, Biblically based & realistic. It will fit in pocket or purse & is the book I give to others who are experiencing bereavement. Many have been blessed by it.

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