



## Grief and the Light Within Year One (Paperback)

By Lisbeth Chapin

Lisbeth Chapin, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you going through a grieving process that is difficult to describe? One that others do not always seem to understand or know how to help you with? Is someone you care about going through such a process? Grief is a complex and intricate experience, emotionally, physically, and mentally, and it deserves more honest attention than sweet aphorisms ( Remember the good times with your loved one! ) and simplistic directives ( just give it to God ). In the year following the death of my mother, for whom I was caregiver, I began writing daily observations of my experience with grief, being especially truthful to the overwhelming aspects of it, day to day. But I go beyond that also to the spiritual and profound connection that grief affords, and the hope that lies within. I wrote this not only to help my own grieving process but also to be a voice for those going through deep grief; in that way, I would hope that it could be equally helpful to those trying to comfort the aggrieved....



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