

# LOSS and FOUND®

How we survived  
the loss of a young spouse

by  
Gary and Kathy Young



Support for young widows and widowers,  
written by a man and a woman who  
experienced this loss

# Loss Found How We Survived The Loss

**G Thomas**



## **Loss Found How We Survived The Loss:**

*Loss and Found* Gary Young, Kathy Young, 2002-01 An uplifting must read in the most neglected area of self help for the seven million young widows and widowers in this country their families friends counselors clergy and more Young widowhood is maddening sad funny confusing enlightening liberating surprising frustrating supernatural sexless sexy Honest and detailed from both the male and female perspective Not a sitcom Its real Heres real help Loss, Survive, Thrive Meryl Hershey Beck, 2019-11-22 No one is prepared for the loss of a child No one It feels completely unnatural for children to predecease their parents Although it is not widely known each year there are over 135 000 under 40 year old deaths in the U S alone And according to one study 19% of parents outlive their children often carrying the weight of horrendous grief to their own graves Isolated and alone is how parents often describe the grief process Well meaning friends and family members usually rush to their side in the beginning Once the floral arrangements have wilted and the dinners from caring friends diminish there isn t really much that can be said to bring comfort to a suffering parent especially if those friends haven t experienced it themselves Unfortunately when these caring friends do bring up the loss quite often they say the wrong things Loss Survive Thrive offers a lifeline of hope Each chapter is an inspirational story written by a parent who also experienced the agony of losing a child reclaimed his her vitality and is now living a fulfilling life Every story is authentic and heartfelt designed to uplift and inspire The collective authors reach out through the pages to virtually hold hands with those who are suffering We the contributors have all been there We know their pain and we know about survival And now through our stories we offer comfort and support in helping them get through the toughest time of their lives Bereaved parents share an unspeakable bond And Loss Survive Thrive imparts insight from what s likely the only voices that grieving parents can hear others who have walked in their shoes This book is a giant step toward healing the grieving heart **Treating Traumatic Loss** Alyssa A Rheingold, Joah L. Williams, Megan M. Wallace, Jamison S. Bottomley, 2025-07-01 For therapists treating survivors of sudden violent or traumatic loss this evidence based professional manual provides a modular transdiagnostic approach Grief Recovery with Individualized Evidence Based Formulation GRIEF along with strategies to target common underlying symptoms of PTSD depression and prolonged grief disorder PGD With this book therapists will find proven effective interventions to improve treatment outcomes and help survivors move forward in their lives **Life after Loss** Bob Deits, 2008-08-04 The grief and recovery classic fully revised and updated Loss is overwhelming After a loved one s death a divorce an injury or disease or another major life change recovery often seems daunting if not impossible Life after Loss is the go to resource for anyone who has suffered a major loss With great compassion and insight Bob Deits provides essential wisdom and practical exercises for navigating the uncertain terrain of grief and recovery Now in its sixth edition this guide is fully updated with new advice on catastrophic losses guidance on using technology to foster connections and maintain support networks and reflections from Deits ongoing counseling and his firsthand experiences After a

destabilizing change Life after Loss helps you to find positive ways to put together a life that is necessarily different but equally meaningful

**Lessons of the Lost** Scott C Hammond Phd, 2013-06-20 At some point in our lives we have all been lost in a wilderness of some kind whether literal or metaphorical without any direction on how to find our way back home People who have been lost in the wilderness in the workplace or in life can teach us how to go beyond survival and thrive regardless of the nature of our personal wildernesses Publisher

**Love and Loss** Colin Murray Parkes, 2013-05-13 Loving and grieving are two sides of the same coin we cannot have one without risking the other Only by understanding the nature and pattern of loving can we begin to understand the problems of grieving Conversely the loss of a loved person can teach us much about the nature of love Love and Loss the result of a lifetime's work has important implications for the study of attachment and bereavement In this volume Colin Murray Parkes reports his innovative research that enables us to bring together knowledge of childhood attachments and problems of bereavement resulting in a new way of thinking about love bereavement and other losses Areas covered include patterns of attachment and grief loss of a parent child or spouse in adult life social isolation and support The book concludes by looking at disorders of attachment and considering bereavement in terms of its implications on love loss and change in a wider context Illuminating the structure and focus of thinking about love and loss this book sheds light on a wide range of psychological issues It will be essential reading for professionals working with bereavement as well as graduate students of psychology psychiatry and sociology

*Coping With Loss* Susan Nolen-Hoeksema, Judith Larson, Judith M. Larson, 2013-01-11 Coping With Loss describes the many ways in which people cope with the death of someone they love Most earlier books on bereavement have fallen into two categories distillations of the clinical experience of individual therapists or collections of chapters reporting the results of empirical studies Each category is valuable but has tended to serve a narrow group of readers practitioners with particular theoretical orientations or researchers in quest of the latest findings Coauthored by a leading research psychologist and an experienced therapist who specializes in bereavement education and intervention this book is different The authors weave together the strands of theory research and clinical wisdom into a seamless and readable narrative While they discuss previous work they also present new data never before published from one of the largest studies of bereaved people ever conducted the Bereavement Coping Project Unlike most studies to date which focused on only one type of bereaved group usually widows or widowers the Bereavement Coping Project examined the experiences of several different groups during the first 18 months after the death The groups included those who had lost a spouse a parent an adult sibling or a child and those who had lost their significant other to cancer or cardiovascular disease on one hand as opposed to the stigmatized disease of AIDS on the other The book begins with a critical overview of theories of bereavement succeeding chapters explore in depth the impact of specific types of loss the impact of particular coping strategies on recovery the impact of social supports and religion and the special cases of children and of people who seem to grow and change for the better after a loss A final chapter considers

implications for intervention with bereaved people Each chapter is richly illuminated with real life examples throughout and ends with a section called Voices in which bereaved people describe their various attempts to cope in their own words

Insightful and informative      **Ebersole and Hess' Gerontological Nursing & Healthy Aging - E-Book** Theris A. Touhy, Kathleen F Jett, 2021-04-07 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Geriatrics Gain the nursing skills you need to provide wellness based care for older adults Ebersole and Hess Gerontological Nursing Healthy Aging 6th Edition uses a holistic approach to describe compassionate care along a continuum of wellness Designed to promote healthy aging regardless of the patient's situation or disorder this text provides best practice guidelines in covering physical psychosocial spiritual and cognitive health New to this edition are Next Generation NCLEX style case studies updates on measuring clinical judgment expanded coverage of core competencies and more Written by gerontological nursing experts Theris Touhy and Kathleen Jett this concise text provides a solid foundation in every aspect of healthy aging Focus on health and wellness provides the evidence based information and strategies needed to promote healthy aging Key concepts learning activities and discussion questions in every chapter emphasize the information needed to enhance care Recommended competencies from the AACN and the Hartford Institute for Geriatric Nursing are integrated throughout Discussion of disease processes is placed in the context of healthy adaptation nursing support and responsibilities Easy to use information on nursing techniques and communication appears with the associated disorders symptoms and situations Tips for Best Practice and Resources for Best Practice boxes provide insight into proven methods of nursing care Discussions of nursing and interprofessional actions help students learn to enhance wellness maintain optimal function and prevent unnecessary disability Coverage of age cultural racial and gender differences highlights these important considerations in caring for older adults NEW Updates reflect the NCSBN Clinical Judgment Model NEW Next Generation NCLEX NGN style case studies provide optimal preparation for the Next Generation NCLEX Examination NEW Specialized information addresses the unique needs of older adults such as atypical disease presentation geriatric syndromes neurocognitive disorders quality of life with chronic illness legal and ethical issues and mental health challenges such as depression and substance abuse NEW Coverage of competencies of expanding nursing roles in the care of older adults addresses the continuum of care NEW Gerontological expertise is incorporated into nursing actions and complements other nursing texts including med surg community health mental health and assessment books used in programs without a freestanding gerontological nursing course NEW Expanded content includes information on COPD guidelines medication use and misuse Alzheimer's Disease wound care guidelines diagnosis and treatment of sleep disordered breathing joint replacement caregiver strain hospice and transitional care and more      **Healing from Great Loss** Ann J Clark, 2021-12-08 Come Alive Again After Enduring A Great Loss Great loss turns your world upside down and steals your sense of security leaving you devastated and confused However through healing it can turn into an opportunity to become your authentic self and achieve

renewed joy and fulfillment in your life Written from the perspective of Dr Michael Newton s Life between Lives work Healing from Great Loss shares dozens of inspiring stories from clients who have connected with their inner guidance to overcome traumatic loss Ann J Clark guides you on your own healing journey using a wide variety of exercises such as visualizations self assessments journal prompts and more Whether you have lost a loved one a relationship a job a sense of security or your independence Healing from Great Loss gently reveals how to find the lesson embedded in the experience and how self care forgiveness and spiritual growth can restore your zest for living **The Myth of Lost** Marc Oromaner,2008-09 Can a television show provide insight into the meaning of our lives The Myth of Lost explores a fascinating solution to the mysterious television series and reveals how the show contains startling hidden wisdom that can be used in real life From haunting whispers and tropical polar bears to a shapeless monster and an omnipresent set of numbers Lost has provided a never ending supply of questions and few answers Using the characters and themes from the show Marc Oromaner delves into its complexities while uncovering a simple yet fulfilling resolution that can provide meaning for everyone According to the myth of Lost the world we live in is an illusionary wonderland created to challenge us to reach new heights Through intriguing examples Oromaner explains how this myth can help us find the clues in our own lives and ultimately solve them Many of us have been lost at one time or another yet Oromaner illustrates that we are all connected and are here to improve ourselves and help others do the same By deciphering the mysteries of a groundbreaking series The Myth of Lost introduces us to a new way of thinking and shows how we play an integral part in determining our own fate Lost Girl Mary E. Twomey,2017-12-11 Counselling Adult Survivors of Child Sexual Abuse Christiane Sanderson,2006 This updated and expanded edition provides comprehensive coverage of the theory and practice of counselling survivors of child sexual abuse CSA In a reasoned and thoughtful approach this book honestly addresses the complex issues in this important area of work providing practical strategies valuable and new insights for counsellors Strength to Deliver Tolu Adeleye , Ph.D,2013-07-14 RECHARGE YOUR ZEST FOR LIFE Do you feel life owes you some unfulfilled achievement Do you often look back with regrets on some of the dreams you started pursuing but abandoned in mid stream Have you deserted some of your life s goals due to family financial or other reasons Have you been hindered by key players in your life in the achievement of your life s goals If you answered Yes to any of the above questions then this book is for you You can achieve the passionate goals that you previously deserted You can revive your interrupted dreams as you learn how to consider them in the light of your new circumstances You can breathe new life into them conceive them anew and pursue goals towards their ultimate delivery in your present day situation You will discover how to Find out your strengths and discern your life s purpose Clarify what you want to do with your interrupted dreams in your present situation Breathe new life into the deserted dreams that align with your life s mission Take modified action steps and pursue re organized goals towards fulfillment of your dreams Avoid miscarriages and bring your revived dream to term this second time around Overcome

obstacles that make you weak and unable to attain your dream in due time Take ownership of your newly delivered dream Reproduce your dream achievement many times over Do not keep on living a discontented life Go on revive and revitalize your interrupted dreams and bring them forth when they come to term Go ahead and recharge your enthusiasm for life

**The Lost Fleet: Beyond the Frontier: Guardian** Jack Campbell, 2013-05-07 Admiral Geary's First Fleet of the Alliance has survived the journey deep into unexplored interstellar space a voyage that led to the discovery of new alien species including a new enemy and a possible ally Now Geary's mission is to ensure the safety of the Midway Star System which has revolted against the Syndicate Worlds empire an empire that is on the brink of collapse To complicate matters further Geary also needs to return safely to Alliance space not only with representatives of the Dancers an alien species but also with Invincible a captured warship that could possibly be the most valuable object in human history Despite the peace treaty that Geary must adhere to at all costs the Syndicate Worlds regime threatens to make the fleet's journey back grueling and perilous And even if Geary escorts Invincible and the Dancers representatives home unharmed the Syndics attempts to spread dissent and political unrest may have already sown the seeds of the Alliance's destruction

**Anatahan: Lost Survivors of "The Island of the Living Dead"** , *Increasing Importance of Patients-generated Real World Data for Healthcare Policy Decisions About Medicinal Products* Kenneth K. C. Lee, Wai Yee Choon, Chee Jen Chang, Jeff Guo, Paul Scuffham, 2022-05-03

**Staging Loss** Michael Pinchbeck, Andrew Westerside, 2018-11-11 This book locates and critically theorises an emerging field of twenty first century theatre practice concerned either thematically methodologically or formally with acts of commemoration and the commemorative With notions of memorial celebration temporality and remembrance at its heart and as a timely topic for debate this book asks how theatre and performance intersects with commemorative acts or rituals in contemporary theatre and performance practice It considers the re performance of history commemoration as a form of or performance of ritual performance as memorial performance as eulogy and eulogy as performance It asks where personal acts of remembrance merge with public or political acts of remembrance where the boundary between the commemorative and the performative might lie and how it might be blurred broken or questioned It explores how we might remake the past in the present to consider not just how performance commemorates but how commemoration performs

**We Never Lost Hope** Naomi Litvin, 2010-07-07 Author Naomi Litvin recreates her parents incredible love story in the powerful memoir We Never Lost Hope Litvin the daughter of a Holocaust survivor and an American Jewish GI who landed at Normandy lets her family members reveal the stories of their lives before during and after the Holocaust Told in five indelible voices the book gives a you are there punch and a moving immediacy Lovely and haunting We Never Lost Hope is a reminder that genocide can happen anywhere and that we all must be vigilant against the forces of hatred Five relatives narrate their harrowing World War II experiences in this family chronicle It could be said that rather than writing this affecting and effective book Litvin sculpted it Her breezy but vital narrative provides the shape and overall

historical context for her family's story but her relatives are the ones doing the real work. Using the first person accounts of her parents, an aunt, an uncle, and a friend of the family, the author offers a nuanced and multifaceted look at the plight of Jews in mid 20th century Eastern Europe. From a small Angora farm in Satu Mare, Romania, to the horrifying grounds of Auschwitz, and finally to a new life in America, the five distinct voices of Edith, Hilda, and Mendi Festinger, Nate Litvin, and Kurt Meyers provide a powerful and intimate journey through one of mankind's darkest hours. Litvin does well not to mute her sources with an authoritative filter. The book's undeniable authenticity comes from the life events retold by each narrator, while most historical texts offer one individual's take. *We Never Lost Hope* presents five survivors working through their memories. Litvin augmented the book with photographs, news articles, and other ephemera, telegrams, maps, etc., that support the sense of intimacy and reality. Since some accounts can occasionally run long, it may have been helpful for Litvin to provide more editorial insight and direction. Still, the book is a soaring testament to the strength and adaptability of five remarkable people. A wonderfully executed, powerful family chronicle. Kirkus Discoveries 2/13/09

*A Bride for the Lost King* Maisey Yates, 2021-07-27. Playing pretend may be more than the king bargained for in this fake engagement story by New York Times bestselling author Maisey Yates. A wild king and the one woman to tame him. After years presumed dead, Lazarus must claim the throne he's been denied. But to enact his royal revenge, he also needs a convenient fiancée to hide his hard edges. His right hand woman, Agnes, is perfect, but her innocence could be his downfall. Agnes owes Lazarus her life, and she's dedicated it to protecting him. But his scorching touch has even her trembling. She knows their arrangement will last only until Lazarus has stolen back his crown. Can she ever be brave enough to admit he's also stolen her heart? From Harlequin Presents. Escape to exotic locations where passion knows no bounds. Read all The Heirs of Liri books. Book 1: His Majesty's Forbidden Temptation. Book 2: A Bride for the Lost King

Strangers and Friends at the Welcome Table James Hudnut-Beumler, 2018-03-19. In this fresh and fascinating chronicle of Christianity in the contemporary South, historian and minister James Hudnut Beumler draws on extensive interviews and his own personal journeys throughout the region over the past decade to present a comprehensive portrait of the South's long dominant religion. Hudnut Beumler traveled to both rural and urban communities, listening to the faithful talk about their lives and beliefs. What he heard pushes hard against prevailing notions of southern Christianity as an evangelical Protestant monolith so predominant as to be unremarkable. True, outside of a few spots, no non-Christian group forms more than six tenths of one percent of a state's population, in what Hudnut Beumler calls the "Now South." Drilling deeper, however, he discovers an unexpected blossoming diversity in theology, practice, and outlook among southern Christians. He finds alongside traditional Baptists, black and white, growing numbers of Christians exemplifying changes that no one could have predicted even just forty years ago: from congregations of LGBT supportive evangelicals and Spanish language church services to a Christian homeschooling movement so robust in some places that it may rival public education in terms of acceptance. He also finds sharp struggles and political divisions among those trying to reconcile such

Christian values as morality and forgiveness the aftermath of the mass shooting at Charleston s Emanuel A M E Church in 2015 forming just one example This book makes clear that understanding the twenty first century South means recognizing many kinds of southern Christianities

## The Enigmatic Realm of **Loss Found How We Survived The Loss**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Loss Found How We Survived The Loss** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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