

Making It Through

THE TOUGHEST DAYS OF GRIEF

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Making It Through The Toughest Days Of Grief

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Making It Through The Toughest Days Of Grief:

Coming Back from Broken: A Young Widow's Journey Stacie Baker, 2019-09-20 Coming Back From Broken is a first hand look into the life of Stacie Baker who suddenly became widowed just five months after her marriage In this book she shares the highs and lows of the first year of widowhood as she experienced it

SURVIVING GRIEF: 365 Days a Year Gary Sturgis, 2022-09-20 After the loss of a loved one grief can become overwhelming and one of the most devastating experiences you can face in life The death and subsequent aftermath are life changing Author Gary Sturgis knows first hand that grief is an everyday experience and dealing with the pain and sorrow on a daily basis can be a daunting task In SURVIVING GRIEF 365 Days a Year Gary offers you reassuring guidance and comforting advice as you travel through your personal grief journey He provides a daily reflection for each day of the calendar year Reading just one page a day will help you find hope as you progress through the healing process Each day provides a unique perspective on the different aspects of grief and loss to help you work through the pain of losing someone you love Gary shares intimate details of the personal stages you ll encounter on your daily grief journey and he once again throws you a life preserver if you re drowning in your grief After a loved one dies each day can be a struggle These easy to read daily reflections will help you find the courage and support you need The grief journey is long but this book will accompany you each day along the way

Unfuck Your Grief Dr. Faith G. Harper, 2022-08-30 When we lose someone or something close to us a loved person or animal a relationship our health our dream our idea of who we are it hurts A lot Grief is both what we experience and how we heal Dr Faith Harper bestselling author of books like Unfuck Your Brain and Unfuck Your Boundaries brings us a counseling and neuroscience perspective on grieving She explains what is actually happening in our brains and bodies and what we need in order to allow it to happen fully She also shows us how to identify and treat traumatic grief the variety of grieving processes we experience what grief looks like in the long term when to get professional support and how to ask the people in our lives for what we need and to give ourselves the care we need as well You ll also find solid advice on how and how not to support a grieving person in your life Wise a little crass and gently funny

Speaking Bipolar's 30 Days of Positivity Scott Ninneman, 2024-08-03 Are you ready to have a positive mindset It s hard to stay upbeat in today s world especially if you have a mental illness like bipolar disorder Difficult but not impossible Speaking Bipolar s 30 Days of Positivity was first created as an email course to help readers get through the emotional chaos of the last months of the year Through motivating stories Scott Ninneman creator of Speaking Bipolar and living with bipolar 1 disorder gave the participants a positive theme to focus on each day and how to live successfully with bipolar After the first readers completed the course they all said the same thing This needs to be a book So here it is the original course newly edited and formatted and including all the additional reading content Each day has an uplifting message and a journal prompt to think deeper about the day s topic The end of every lesson also includes a creative writing prompt which you can use as a second journal prompt The chapter after each lesson is additional reading material

linked to in the original course People who took the 30 Day s course all rated it a 9 10 They said This course is a real blessing in my life Very helpful and heart warming course It made me feel not so alone I looked forward to it every morning Find out what they loved so much by reading your copy today *The Toughest Days of Grief* Meg Woodson,1994 Woodson s guide deals with the specific problems griever s face on specific days of the year major holidays birthdays etc and discusses the emotions evoked by those days such as anger sadness loneliness and guilt The author who lost both her children to serious illnesses offers tips for mourning and remembering your loved ones *Reclaiming Christmas* Ginger Jurries,2013-12-05 Are you tired of the materialistic craziness of Christmas celebrations Instead of relishing the wonder and joy of the holy holiday we stumble through in a commercial haze feeling exhausted and ready for it all to be mercifully finished Is there an alternative to this commercial dilemma Happily there is What we need is not only permission to reclaim our sacred season but also creative ideas for peace filled stress free and meaningful celebrations A plethora of delightful and diverse ideas can help your family not only to anticipate the season but also to grow closer through Advent and enjoy the holy season in a more meaningful other centered way **The Last Adventure of Life** Maria Dancing Heart,2008 A tool for healing and prayer this book aims to assist anyone who is grieving preparing to die caring for loved ones who are ill or interested in exploring different ways to view spirituality and death It offers an introduction to hospice and includes inspirational stories poetry scripture prayers and guided meditations [Taking Back Christmas and Other Family Celebrations](#) , **Women Home Alone** Patricia Houck Sprinkle,1996 The author gives advice on such topics as handling common repairs developing self confidence and decision making skills staying safe preparing for the future and emergencies *The Single Father: A Dad's Guide to Parenting Without a Partner* Armin A. Brott,1999-04-28 A new guide to fatherhood from Armin A Brott the author of *The Expectant Father* on dealing with the unique difficulties of parenting alone In this ground breaking volume author Armin Brott gives single dads the knowledge skills and support they need to become and remain actively involved fathers With the same thoroughness accessibility and humor that have made the books in his critically acclaimed New Father series the best and most popular fatherhood guides in the country Brott steers divorced separated gay widowed and never married men through every aspect of fathering without a partner Incorporating the advice of top psychologists lawyers and other experts *The Single Father* offers a wealth of essential information and practical tips Illustrated with cartoons that underscore the challenges and yes even the satisfactions of single parenting and complete with an extensive list of resources for divorced widowed and gay dads *The Single Father* is one book no single dad can afford to do without

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