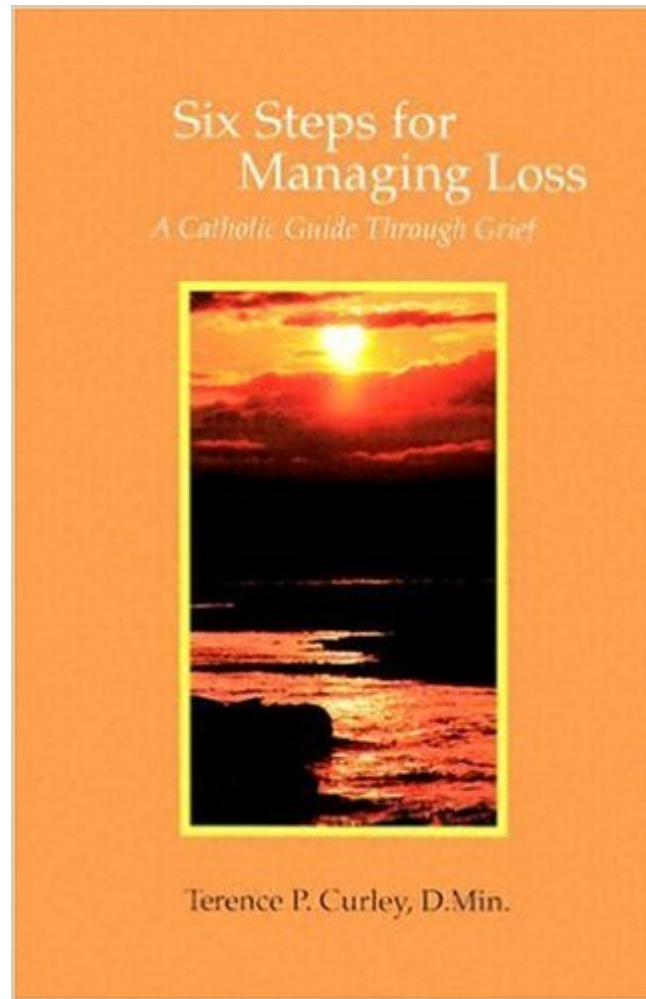


The book was found

Six Steps For Managing Loss: A Catholic Guide Through Grief



Synopsis

Aids to managing the effects of the loss of a loved one rather than to allow the loss to manage you.

Book Information

Paperback: 64 pages

Publisher: Alba House; 1 edition (November 7, 1997)

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Average Customer Review: 4.4 out of 5 stars Â Â See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #549,262 in Books (See Top 100 in Books) #38 inÂ Books > Christian Books & Bibles > Churches & Church Leadership > Ministry to the Sick & Bereaved #137 inÂ Books > Christian Books & Bibles > Catholicism > Self Help #969 inÂ Books > Self-Help > Relationships > Love & Loss

Customer Reviews

This book really possesses what is necessary for people suffering a loss to have a way to express and cope. It has a unique way of helping the reader accept the loss and then have new horizons. It goes beyond a "how to" approach to assist the reader with their own personal faith connections. It clearly illustrates how faith is not something added on..rather it is essential for a healthy and healing outcome. The section on suffering I found especially helpful. This book may be used and reused over and over again.

This book clearly lists practical steps to take in order to respond to a loss. It is very helpful and offers ways to experience the spiritual transformations which can happen during critical times.

This book actually helps the bereaved to manage their losses rather than have the loss manage them. It is a book which is very readable and helpful. The book puts loss into a context of meaning. It helps the bereaved to express and find better ways of coping in light of a spiritual program. There are six steps or exercises which focus the grief stricken and help them to move on. There is also a prayer guide.

It is very short (48 pages) and is in more of a workbook format, with a section on one topic then some open-ended questions for the reader to fill out, discuss with a close friend or write about in a journal. Good place for a starting point on discussions about grief recovery. I would recommend this book in conjunction with another, meatier book on grief, or if bought in conjunction with a journal for the person to write through their feelings or answers to the open-ended questions presented in this book.

If you are looking for a book which may be used individually or as an outline for a group...this is it. Here is a healing tool for the bereaved. It gives a clear and concise way for coping. It places the loss into the spiritual realm. This is really a unique approach for bereavement.

have found and read better books on grief management...repetitive exercises are expected

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