



Grieving the Loss of a Loved One

By H. Norman Wright



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How to handle the painful journey through grief after a traumatic loss. Everyone experiences the death of significant people in their lives. Certified trauma specialist, Dr. Norman Wright has written *Grieving the Loss of a Loved One* to help people handle a traumatic loss in their life and move forward through the painful journey of grief. Readers will learn that they are not alone in their experience of loss and grief. They will learn what to expect and how to manage grief thru topics like: The purpose of grief and what is appropriate in grieving, Steps to take in moving through grief, Discovering the stages of saying goodbye and moving on in life, Preparing for death and anticipatory grief, Handling sudden death and its aftermath, How family members grieve and the disruption of family and Helping a neighbor or friend who has experienced a death.

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Grieving the Loss of a Loved One By H. Norman Wright Bibliography

- Sales Rank: #1171544 in Books
- Published on: 2013-06-18
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .69" w x 6.00" l, .97 pounds
- Binding: Hardcover
- 224 pages

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Editorial Review

From the Back Cover

A Guide Through the Valley of Loss

Losing a family member is one of life's most difficult experiences. Whether you are facing the death of a spouse, parent, child, sibling, close friend or pet, the weeks and months that follow such a loss can be overwhelming. *Grieving the Loss of a Loved One* is a trustworthy companion for your journey through grief. With gentle honesty and wisdom, bestselling author and respected family therapist H. Norman Wright shares about the process of mourning, the disruption and re-ordering of family life, and the conflicting and confusing emotions that follow a death in the family. He also shows how it's possible to grow closer to God and other family members as you face the darkness together. You are not alone through the valley—God's Spirit, the Comforter, walks with you every step of the way, and will guide you toward true peace and renewed hope.

About the Author

Dr. H. Norman Wright | Bakersfield, CA Dr. Wright is a licensed marriage, family and child therapist who was in private practice for more than 40 years. He is currently the Research Professor of Christian Education at Talbot School of Theology. He has authored more than 70 books, including the best-sellers *Always Daddy's Girl* and *Before You Say I Do*, and has twice received the Gold Medallion Award.

Users Review

From reader reviews:

Leslie Babcock:

Do you considered one of people who can't read gratifying if the sentence chained inside straightway, hold on guys this kind of aren't like that. This Grieving the Loss of a Loved One book is readable by you who hate the perfect word style. You will find the data here are arrange for enjoyable examining experience without leaving perhaps decrease the knowledge that want to give to you. The writer associated with Grieving the Loss of a Loved One content conveys objective easily to understand by many people. The printed and e-book are not different in the content material but it just different in the form of it. So , do you nevertheless thinking Grieving the Loss of a Loved One is not loveable to be your top checklist reading book?

Cameron Rodriquez:

Information is provisions for people to get better life, information nowadays can get by anyone on everywhere. The information can be a information or any news even a problem. What people must be consider if those information which is in the former life are challenging to be find than now's taking seriously which one is appropriate to believe or which one the particular resource are convinced. If you have

the unstable resource then you obtain it as your main information there will be huge disadvantage for you. All those possibilities will not happen in you if you take Grieving the Loss of a Loved One as the daily resource information.

Willie Adams:

The reason why? Because this Grieving the Loss of a Loved One is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will distress you with the secret it inside. Reading this book next to it was fantastic author who else write the book in such remarkable way makes the content within easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of gains than the other book include such as help improving your skill and your critical thinking approach. So , still want to postpone having that book? If I were being you I will go to the book store hurriedly.

Russell Fielder:

Grieving the Loss of a Loved One can be one of your nice books that are good idea. We all recommend that straight away because this book has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort that will put every word into satisfaction arrangement in writing Grieving the Loss of a Loved One however doesn't forget the main position, giving the reader the hottest and also based confirm resource facts that maybe you can be among it. This great information may drawn you into new stage of crucial considering.

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