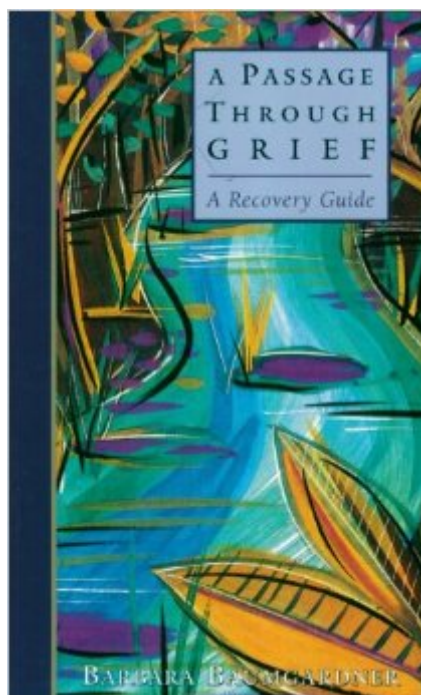


The book was found

# A Passage Through Grief: A Recovery Guide



## Synopsis

When the loss of a loved one is too difficult to talk about, many people have come to grips with their sorrow through writing. Keeping a journal can be a valuable step in the healing process, especially in the dark of night when grief intensifies and sleep eludes you. Especially when there were still things to resolve. Especially if you didn't get to say good-bye. After her husband's death, Barbara Baumgardner turned to journaling to put her thoughts in perspective and express the things she felt she couldn't talk about. In *A Passage through Grief*, she guides you in the journaling process and shares writings from other grieving people who have let their feelings flow out onto paper rather than holding them inside. A guide for leaders of support groups is also included in this book.

## Book Information

Paperback: 149 pages

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (5 customer reviews)

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## Customer Reviews

This book gently leads us through the process of recovering from a variety of losses, but most effectively from a death of a friend or loved one. We are encouraged to face our new situation in the light of God's unfailing love and faithfulness.

Grief is difficult to go through and this book can help you process those feelings that can feel like waves coming over you. I have given this book to many and it has helped them through.

I got this for my Step-Daughter after her Mom passed away recently. It has been a big help for her.

This book is a good way to help people work through their grief toward healing.

Not very interesting or useful

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A Passage Through Grief: A Recovery Guide Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Alone in the Passage: An Explorers Guide to Sea Kayaking the Inside Passage Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) The Twelve (Book Two of The Passage Trilogy): A Novel (Book Two of The Passage Trilogy) The Grief Recovery Handbook, 20th Anniversary Expanded Edition: The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith The Grief Recovery Handbook : The Action Program for Moving Beyond Death Divorce, and Other Losses Celebrate Recovery Updated Leader's Guide: A Recovery Program Based on Eight Principles from the Beatitudes BACKUP & RECOVERY SPECIALIST, DATA BACKUP & DISASTER RECOVERY ENGINEER: FORMULAS, PRINCIPLES & REFERENCES: JUST IN TIME REVISION GUIDE FOR SUCCESS AT ANY BACKUP ADMINISTRATOR JOB INTERVIEW Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series) Through a Season of Grief: Devotions for Your Journey from Mourning to Joy The Comforter: A Journey Through Grief Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair Mourning & Mitzvah 2/E: A Guided Journal for Walking the Mourner's Path Through Grief to Healing SURVIVING THE DEATH OF A SIBLING: Living Through Grief When an Adult Brother or Sister Dies Gettin' There: A Passage Through the Psalms Breaking Ice for Arctic Oil: The Epic Voyage of the SS Manhattan through the Northwest Passage

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