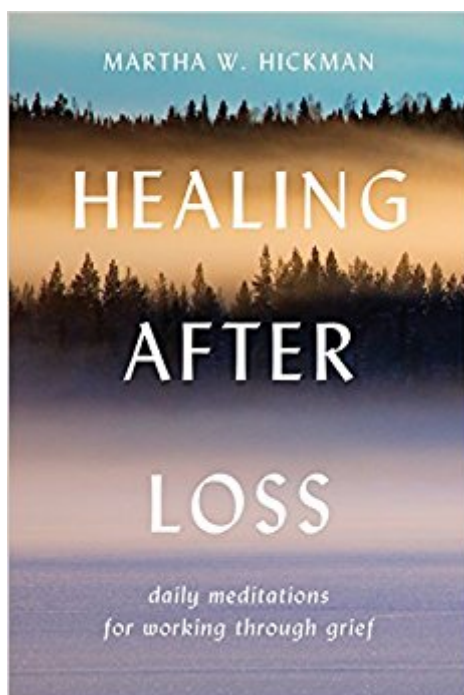


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# Healing After Loss: Daily Meditations For Working Through Grief



## Synopsis

The classic guide for dealing with grief and loss For those who have suffered the loss of a loved one, here are thoughtful words to strengthen, inspire and comfort.

## Book Information

Series: Daily Meditations

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## Customer Reviews

MARTHA W. HICKMAN was the author of more than twenty books, including *The Growing Season*, *Fullness of Time*, *I Will Not Leave You Desolate*, and *Such Good People*, and the children's books *When Andy's Father Went to Prison*, *And God Created Squash*, and *Eeps Creeps*, *It's My Room*. A native of Massachusetts and a Phi Beta Kappa graduate of Mount Holyoke, she lived in the South for many years. To her writing she brought the additional perspective of being a wife, mother, grandmother, and sometime editor and teacher. Her work continues to serve as an invaluable source of inspiration well after her passing.

Someone suggested this book, after I lost my 32 year old daughter to cancer. I ordered it, tried to read it, and put it down. It stayed stacked with other books, for two years. The beginning of this year I came across it again, opened and read. Now, I can finally read and appreciate it. It is six days until my daughter's birthday (my Valentine's baby), and this excerpt especially touched my heart. "It surprises us. We know it's a fluke. We know it won't last. Happiness? Contentment? Joy? And not just a quick flash of joy, of contentment--as when we are lifted up on wings of song--or by prayer--or by a spectacular sky--or because of a daisy blooming in some field. But a sense that in some way

we are going to be able, after all this, to be happy! Whoever would have thought it?.....It is life calling to us--See, you are mine. I have wonders in store for you, believe it or not. And I will wait for you--beneath the snow, if necessary, and beyond the storm." When I came home this summer from being with my three grand children, I was full of joy and love. A thought came, "Why should I be happy? She is gone, and I'm all alone." I decided right there and then, that I would be happy, period. Was I happy that I had lost my daughter? Never in a million years, nor was I happy with how things happened or turned out, but I chose to be happy in life, despite what had happened, she would have wanted that. Now that I can finally read this book, it has brought smiles and tears and is helping me heal even more. I wrote this so that those that are walking this road of shards of glass, when it has turned into a path of pebbles, you can pick this up, read and meditate. By the way, it is still a work in progress, I have many more days of happiness, joy and peace since I made that decision than before. Blessings!

Excellent daily 365 passages for coping with your loss. I have another similar style book and am almost a year through it, so I wanted to find a new one for the next year. I would highly recommend this one. There is a famous quote, a reflection by the author diving into the topic revealed in the quote, and then a summary sentence or two that can serve as a daily mantra type reminder of the meditation.

I've given this to many people who have lost loved ones. They have appreciated it so much and in turn purchased it for their family members wanting to share its beauty and message with those in the family who have suffered the same loss. It doesn't get behind the psychology of grief, so if that's what you're looking for this isn't for you. When people are grieving, they often have difficulty concentrating on much .... on more than one page of reading surprisingly tedious. Reading a book is often impossible. This is one page a day, with an inspiring thought and verse or meditation. Highly recommended to purchase for others who are enduring a loss or for yourself.

My friend, who lost his husband, recommended this book to me. It was recommended to him by someone who had lost her husband. I gave it to a friend who also lost her husband. Grief is such a solitary, lonely experience but a book like this offers connection with others and comfort.

I have given this book to many people now as it was the only comfort I seemed to find after my husband passed away very suddenly. I would read the passage in the morning, go to work and then

read it again before bed. Then I would write my feelings directly on the page. It is so good to have a record of my grief as well as having some guidance to deal with it in the best way possible. I thought I had things pretty well licked after year one passed, but year three seemed to turn out to be just as hard. I wrote in a difference color on the page so I would know which was which. Thanks to a great author.

Excellent meditative source after the death of a loved one. I received it after the loss of my life partner from brain cancer and have gifted it to others after their loss of children, parents, pets, spouses, significant others. All have found it helpful in moving beyond the crushing loss of their loved one. It is neither preachy or religious. It is just genuinely helpful and written by the mother of a child who died after a childhood accident.

Someone gave me this book upon the passing of my husband. It doesn't matter where you read or begin in the book, it always has something poignant to offer. It speaks to the nagging things that come up after losing a loved one, similar to reading your mind or your feelings. It addresses issues that are often difficult to verbalize, especially to someone else. It allowed me to digest all the nuances of my new situation, for which I am very grateful. I now give this book to others who are experiencing loss.

As a pastor's wife I've given this little book to many grieving the loss of a loved one. Five people have written to say that the brief uplifting meditations were like anchors that kept them from being overwhelmed by their grief. This excerpt from the Introduction gives the secret to the usefulness of this book: "They are brief because, particularly in the early stages of grieving, our attention span is short, and a seminal thought will serve us better than an extended discussion". I want to point out that this is not a religious or even spiritual book. That very fact makes it the perfect help for those who would not seek comfort from the Scripture, but may find solace within these pages.

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