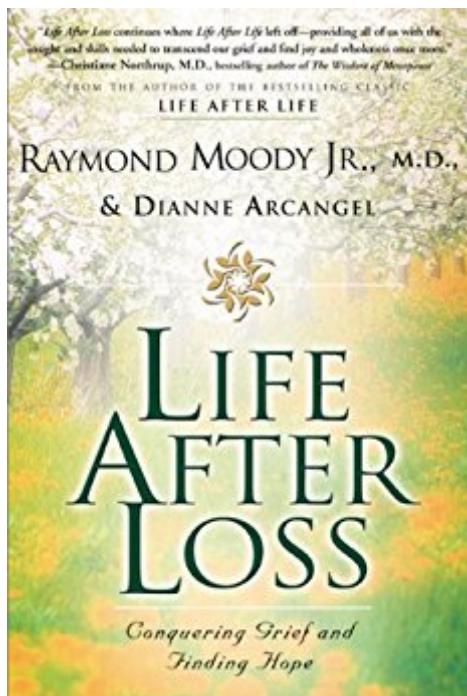


The book was found

Life After Loss: Conquering Grief And Finding Hope



Synopsis

A unique approach to understanding and overcoming grief. Bestselling author Raymond Moody and his colleague Dianne Arcangel show how the grieving process can transform our fear and grief into spiritual and emotional growth.

Book Information

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Customer Reviews

Enjoyable read. Backed up some things I already knew.

Raymond Moody is a genius

An excellent resource book for anyone who has gone through or is going through the grief process. Especially meaningful are the real stories from real people to illustrate the points the authors are making. A great book to add to your library for future reference.

I bought this book for a relative who was grieving a loss. She mentioned that she'd always wanted

to know more about life after death. It brought her great comfort. I bought a copy for myself because that made me curious. This book is clear, easy to digest and minimally leaves one with an understanding that death is not an ending but a transition. It is both interesting and reassuring.

Just what I needed.

I don't know you, but I don't have time to lose. The author of this book could be more "specific"...direct to the point, instead of defining definitions.

This review has no negative comments about LIFE AFTER LOSS; the "lurching" in the review title refers to my adjusting to the death of my daughter when she was only 43 years old. In fact, some days I'm still lurching, and may lurch for a long time. LIFE AFTER LOSS was a great help. I won't steal any of the book's thunder, but I will admit that I re-read it regularly. It helps.

Lots of psychological jargon. I agree with other writers that this book can't decide what it wants to be. I did not find it comforting....very clinical, talked mostly about psychology. I know practical suggestions on how to deal with grief while you are in the midst of it are important, but I found what was written felt too much like going to a shrink. Cold, clinical, even with the excellent people stories. The book points out how things go well and badly during the process, and does emphasize the need to adjust your life to the new reality....good and necessary things. However, I think what really put me off were items in the book I thought were nonsense, namely children supposedly remembering what had happened to them in the womb and how traumatized they were. In reading this book, even though I am not particularly religious anymore, I have come to think that rituals conducted within the context of a community setting really do have their place...even more than the advice and warnings...yep, warnings....offered in this book. Things like those of the Jewish faith along with their friends and family "sitting shiva", rituals of the Catholic and other Christian denominations, native culture traditions for both the dead and those still alive.....perhaps we now live too much from the mind and not enough from the heart. Raymond Moody has spent much of his life studying life after death through the near death experience, but none of the wonder of that was transmitted in this volume. Disappointed.

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Recovery, ... Grief therapy, Grief counseling) Life After Loss: Conquering Grief and Finding Hope Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Grieving for the Sibling You Lost: A Teen's Guide to Coping with Grief and Finding Meaning After Loss (The Instant Help Solutions Series) Transforming Traumatic Grief: Six Steps to Move from Grief to Peace After the Sudden or Violent Death of a Loved One Grief and Loss: The Five Stages of Grief and Healing Techniques Used for Supporting Someone Who Just Lost a Love One Learning to Breathe Again: Choosing Life and Finding Hope After a Shattering Loss (Women of Faith (Thomas Nelson)) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Hair Loss Solutions for Men: How to Cheat Hair Loss for Life (Hair Loss Solutions: How to Cheat Hair Loss for Life Book 1) Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart Conquering Anorexia (Conquering Eating Disorders) Getting Grief Right: Finding Your Story of Love in the Sorrow of Loss Journey to a New Beginning after Loss: Freedom from the Pain of Grief and Disappointment (Journey to Freedom) After Suicide: Living with the Questions (Grief and Loss) Healing After Loss: Daily Meditations For Working Through Grief Empty Arms Journal: 21 Days of Good Grief Exercises for Healing After Miscarriage, Stillbirth, or the Loss of a Baby Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner

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