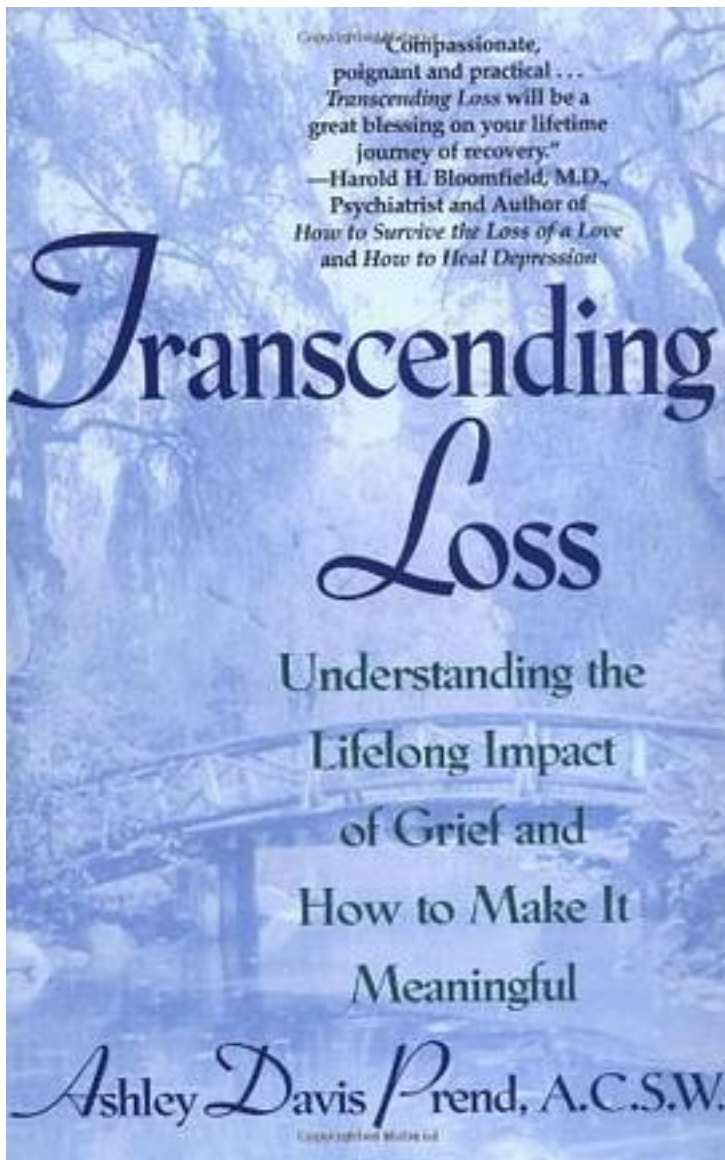


Transcending Loss



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著者:Prend, Ashley Davis

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An inspiring new approach to the lifelong process of grieving. The author asserts that death doesn't end the relationship, it simply forges a new type of relationship -- one based not on physical presence but on memory, spirit, and love.

A licensed psychotherapist and bereavement support specialist helps griever deal with the ongoing impact of their loss -- and the attempt to transcend it.

"There are many wonderful grief books available that address acute grief and how to cope with it. But these books often focus on crisis management and imply that there is an 'end' to mourning. They essentially fail to address the issue of grief's ongoing impact, and how it changes through the years...

This is a book about death and grief, yes, but more importantly it is a book about love and hope. I have learned from [my interviews with] courageous people about pain, struggle, resiliency, and meaning. Their stories show that over time, you can learn to transcend even in spite of pain. We all get broken by life sooner or later because loss is the price we pay for living and loving. But experience shows that we can become stronger at the broken places and find the opportunity in crisis. I hope this book will help you move beyond grief and will guide you on your journey through time of healing and transcendence." -- From the introduction.

作者介绍:

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