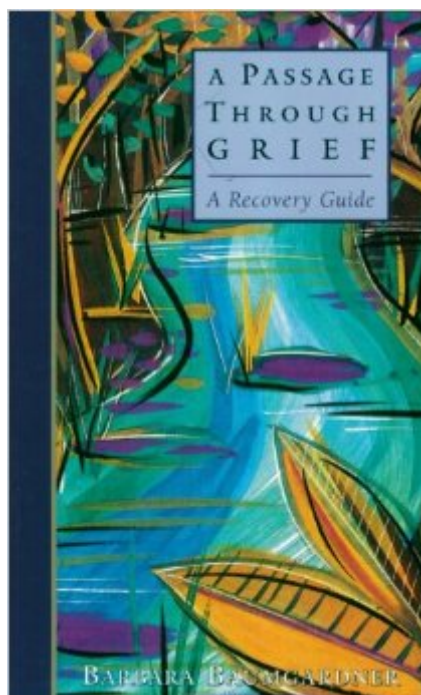


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# A Passage Through Grief: A Recovery Guide



## 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 feeling 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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