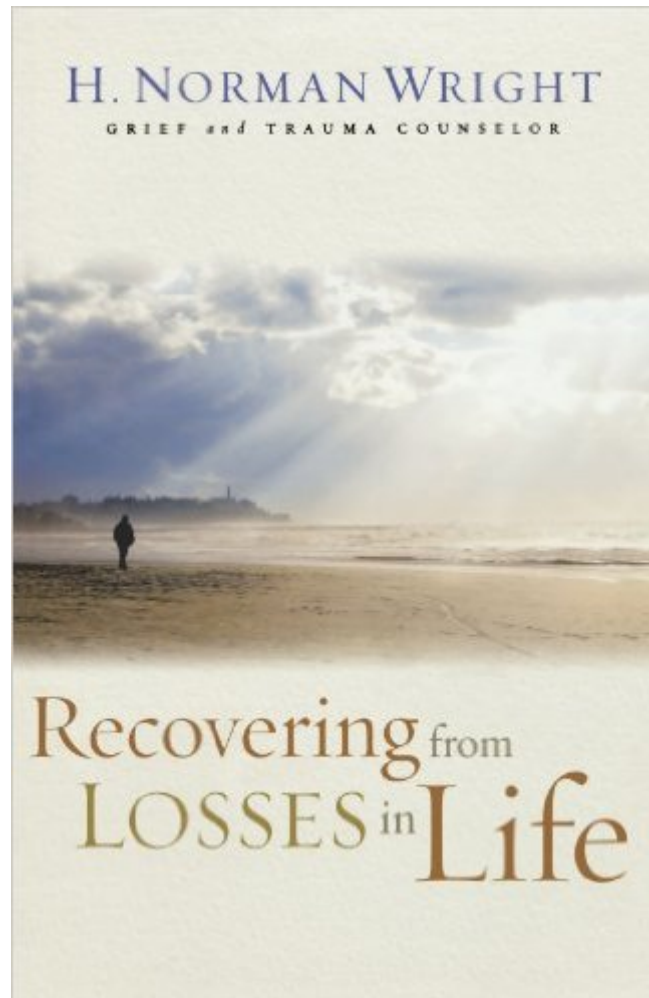


The book was found

# Recovering From Losses In Life



## Synopsis

Life is marked by a variety of losses, says certified trauma specialist H. Norman Wright. Some are life-changing, such as leaving home, the effects of natural disasters or war, the death of a loved one, or divorce. Others are subtle, such as changing jobs, moving, or a broken friendship. But whether readers encounter family, personal, or community disaster, there is always potential for change, growth, new insight, understanding, and refinement. Writing from his own experience, Wright covers such issues as the meaning of grief, blaming God, and learning how to express and share in times of loss. Now repackaged and updated with additional material, *Recovering from Losses in Life* will help readers find hope in difficult times. Study questions included.

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (39 customer reviews)

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## Customer Reviews

An absolute MUST for every person. When we think of loss, we can tend to limit it to the loss of a loved one. However we may have lost our lifestyle which we were so comfortable with, our home, lost our dreams, our passions, our motivation for life, our job, forcing us too accept realities that are painful, which paralyse us from moving forward, bringing out anger, frustration and depression. Unless these losses are effectively dealt with, it will be hard to move forward and embrace the new things that lie before us. This book is an excellent tool in equipping a person through the grieving process towards wholeness and new strength. A book for life!

I found this book at the lowest point of a break up/not break up session with my ex boyfriend. Long story short, he was telling me he wanted me back, but not until he did some dating around. I was

stuck in pain and depression, wanting him back, but not wanting to wait around for him to do his thing. Reading this book helped me to understand that it is a loss, even if there is some sort of hope for a future. It was Biblically based without cramming religion down your throat. I wrote down so many quotes in my journal from this book, I probably should have bought it instead of checking it out from the library! Anyway, this book helped me to make the decision to remove myself from my exboyfriend's life to let him make his choices without them affecting me.

Thank you SO MUCH to H. Norman Wright for his book *Recovering from Losses in Life*!!! In the last 4 years, I have had 22 stress points or losses including both parents, a divorce, and a best friend. I was having a really hard time when it all came crashing down on me at once because as he says in his book, when they are one on top of the other, you don't have time to deal with one before the next one is upon you. But his book has been a BIG HELP. I've been doing the work and answering the questions and then talking about them with my pastor, and I'm seeing progress that I couldn't see before. I also found the last chapter very helpful in knowing what to say and what NOT to say to others in grieving situation--some of it I learned from experience, but other parts of it were new to me. I'm so glad I found this book on .com when I typed in "grief and loss". God bless you!

This book makes you examine how you treat all losses in life, not just death. It helps you realize how even small events can shape your life. I think this book is beneficial to anyone grieving or depressed, and can be a great parenting tool for anyone with children.

Originally I started reading this book because it was a requirement for my degree in Christian Ministry, but I am so glad they made us, otherwise I probably would have never read it. It was a great book and I would recommend it to everyone. Everyone faces losses in life and this book is wonderful in helping a person deal with them. It is especially helpful in dealing with death. I found it very helpful for me and opened my eyes to areas in my life where I still needed recovery. I love that it has reflection questions for each chapter and allows you to really reflect on yourself. Great book, would be very beneficial for everyone, we all have losses in our life!

This is the best self-help book on greiving that I have ever read. The author brings to light many little losses that happen to all of us that we don't acknowledge, but they have an impact on our lives. A must read for all who want to recover the joy of living..

There are many books on grief available in the Christian marketplace..this is a very good one for those who want to understand both the grief process and the road to recovery. It is well written and comprehensive. I have a library of books on this topic and work as a Pastoral Counselor in this area. This particular book would be a great text for a class. It is also a good resource for pastors who may not have received training in this area and yet run into it daily in their ministry.If you need to understand your own process or that of another person, this book will help. It is easy to understand and one that you can refer to time and time again.

H. Norman Wright opened my eyes to new areas that I had not considered when it comes to grief. This book is helpful to those who have experienced loss, but it is also a very helpful teaching to those who offer a listening ear to family, friends and colleagues.Have you ever encountered someone who had recently suffered a loss or tragedy and you were at a loss for words? The author offers some suggestions on things you should NOT say, as well as the most helpful comments, IF a comment is even necessary. He does a great job describing the difference between hearing and listening. This is "must read" material!

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