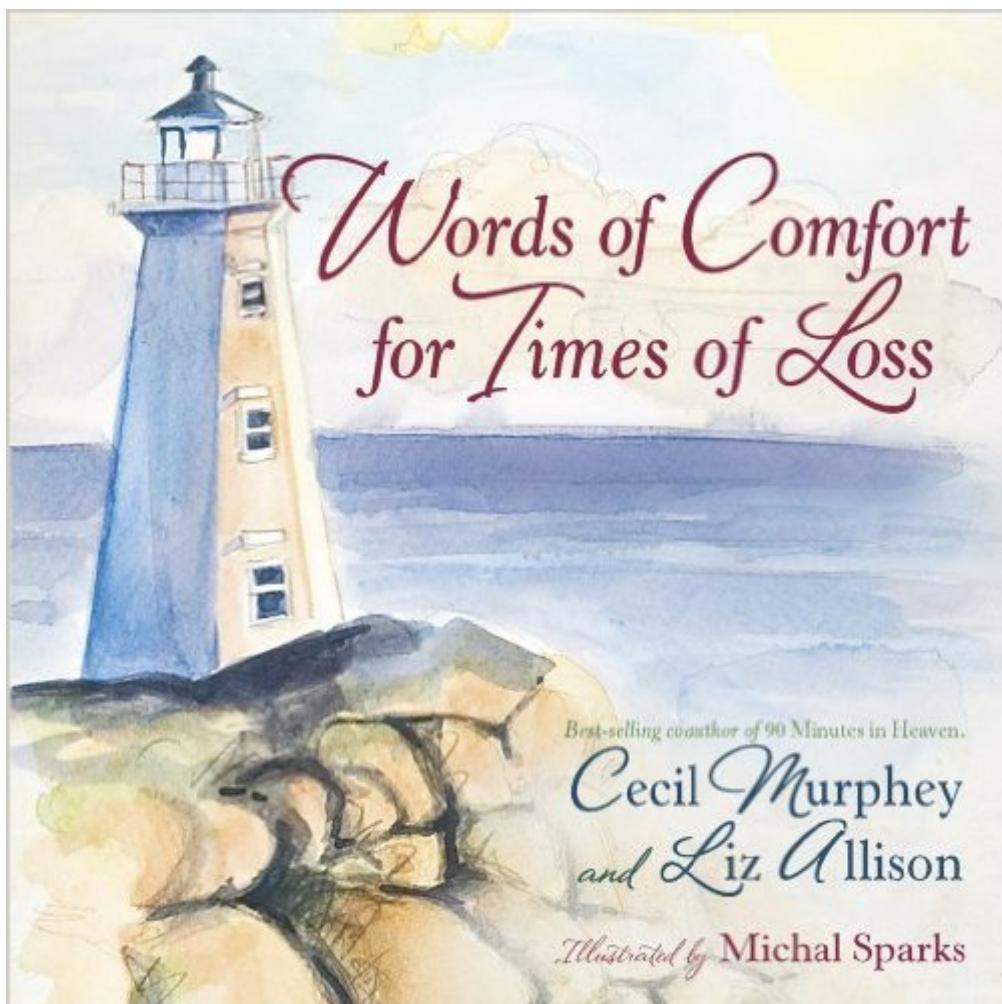


The book was found

Words Of Comfort For Times Of Loss: Help And Hope When You're Grieving



Synopsis

Through great personal loss, authors Cecil Murphey and Liz Allison have gained insight to share with others who are going through uncertainty, depression, and loneliness after losing a loved one. They also offer advice for those comforting someone who is grieving. Among comforting paintings by artist Michal Sparks, brief stories, personal experiences, and prayers offer a meaningful path toward healing for readers when they feel alone and lost in their grief and want to reconnect with others and to lifeseek to make sense of their loss alongside their sense of faith, purpose, and Godwant to honor their loved one without clinging to the past in unhealthy ways. Readers are given gentle permission to grapple with doubt, seek peace, and reflect on their loss in their own way without judgment and with understanding and hope. A perfect gift for a loved one dealing with loss.

Book Information

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Customer Reviews

The book title says it all. This little book offers words of comfort for times of loss. And, unfortunately, the authors know of what they write. Cecil Murphey experienced loss to a degree that staggers my mind: Two weeks after my father suffered a ministroke, a massive stroke took his life. On the day of his funeral, my older brother, Ray, died of cancer. Over the next eighteen months, I lost my two brothers-in-law and my mother. Several years later, Cecil's house burnt down and his son-in-law died in the fire. Liz Allison, who was married to race car driver Davey Allison, lost her husband in a helicopter crash, leaving her with two young kids. Inspired by their own experiences with grief and loss, Liz and Cecil decided to write a book to help others through the process. As people who have

lived through it and "come out the other side," they offer their advice, experiences and stories from others who have experienced loss. It is important to know that the book has a strong Christian focus and includes Bible quotes and prayers throughout. For this reason, it may not be the best choice for someone who does not follow the Christian faith, although the basic advice would apply to anyone. Here is an overview of the twelve "chapters" and the basic messages of each. * Little Joys. Although grief can seem all-encompassing and never ending, Cecil and Liz write about how the power of little joys--"those moments when you feel lifted beyond your pain; those brief interludes when peace fills your heart and you sense God's presence." Liz found her little joys in nature during her daily walks. Although every one's little joys will be different, we all can find solace in them. * You're Not Alone.

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