



Healing the Heartbreak of Grief

By Peter James Flammimg

Abingdon Press. Paperback. Book Condition: new. BRAND NEW, Healing the Heartbreak of Grief, Peter James Flammimg, Free yourself from the threads of grief that grip your heart. In an irreversible moment, your life changes forever. Your life is upside down and your heart is inside out. Life goes on for others, but yours came to a screaming halt. With comfort and assurance, Dr. Flammimg points ahead to tomorrows that will become a little easier than today. From years of pastoral experience and the heartbreak of losing his own son, the author knows that grief is anything but a tidy, predictable progression. Written in short, easy chapters, with practical helps, this book can be your companion as you struggle to pick up the pieces and go on. Contents: When Grief Breaks In What Do I Do Now? Unpredictable Emotions of Grief Decide Who to Talk To When One Day at a Time is Too Much Find Your Releasing Activites Strength from Beyond Yourself Soemtimes Faith Needs Healing Turning Points and Beginning Again.

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