

## Messages: A Companion in Grief Through Poetry and Verse (Paperback)



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## MESSAGES: A COMPANION IN GRIEF THROUGH POETRY AND VERSE (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Messages is a collection of lyrical poetry and proverbs that speak of love, loss and a shared human challenge to survive pain. It is the creation of Caroline Wilkes eleven-year-long headway into the realm of bereavement. Loss is a binding part of life but grief is a native healing process. The reasons for grief are countless, connected to the loss of a loved one or the letting go of something or someone dear to us. Grappling with severe grief can force the individual into a narrow and lonely place and trauma linked with a life lost often creates a spiral of despair and depression. Messages is a companion to grief and loss which can be held by those journeying with their own pain or by those looking for words of comfort for a friend or family member. This full spectrum of free verse, traditional poetry and aphorisms is brought together from the author's own experience of grief, and her years of guiding funeral ceremonies and eulogies. She knows that for many, the idea of words being gifted from the one who has died brings great solace. Messages is a graceful flight beyond the world we know, an inspiring collection of 38 original works that are intensely personal yet profoundly universal, this book is for anyone reaching out for shared understanding and hope.



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