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Finding Joy in the Mourning: A Mother's Journey Through Grief to Hope and Healing (Paperback)

By Heather J Ledebor

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When she learns that her baby is no longer living, life takes a sudden, abrupt turn at the end of Heather's third pregnancy. In the painful days to come, a story slowly begins to unfold revealing the refining side of grief. As Heather faithfully journals the complex web of emotion and truth, seeds of hope and healing are planted. Follow along as joy begins to take root and grow as her story transparently unfolds. Over 40 grieving mothers contributed to a bonus section at the end of the book by offering their candid, uncensored thoughts, feedback and insight to over 20 questions such as: -Is it helpful for you when others bring up your loss, or would you rather avoid discussing it? -Looking back, what do you wish your friends and family would have known that might have helped them to support you better? -What kind of support did you find to be most comforting? -What are some ways that you remember and honor your child as time goes by? -How have you made sure your other children do not get neglected as...



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