

Flying Free: Transforming Grief and Loss Into Renewal



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Reviews

The publication is easy in read through preferable to fully grasp. It is written in simple phrases instead of hard to understand. You will not sense monotony at any moment of your respective time (that's what catalogs are for concerning if you request me).

(Kevin Bergstrom Sr.)

FLYING FREE: TRANSFORMING GRIEF AND LOSS INTO RENEWAL



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Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. I can t recommend this beautifully written book enough! We were fortunate to have access to its contents at a time of great need later utilized it for outreach seminars. It has brought healing to many and transformed broken lives into wholeness. -Pastor Davis, M.Div. After multiple losses, Flying Free brought clarity in confusion and hope in despair. A real life-saver! -David Erikson This treasure of a book by Rev. Dr. Mary Johnson offers invaluable practical guidance on how to transform grief and loss into renewal. Written from the heart by an experienced clinical counselor, pastor, and psychotherapist, Flying Free comprehensively covers ways to heal emotions, body, mind, spirit, and soul after traumas of loss and grief. Flying Free: Transforming Grief And Loss Into Renewal brings both healing and hope in times of loss, death, grief, and bereavement. This compelling book offers proven and successful recovery methods from a large variety of losses including not only death and bereavement of those we love but divorce, separation, unemployment, loss of health, etc. If you have ever experienced a significant loss, this book is a must read ! It provides comprehensive yet practical perspectives that bring healing, understanding, comfort, recovery, and transformation. Specific ways and vital steps to achieve Healing and Recovery from the most devastating losses are comprehensively addressed in detail including: loss of relationships, health challenges, unemployment, and loss of spouse, children, siblings, pets, friends, etc. It includes both nitty-gritty experiential reality and effective approaches to bring healing from grief and loss. While written from a Christian perspective, viewpoints of other faith systems are presented with respect and appreciation. Flying Free is an invaluable resource...



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