



## A Gift of Hope: How We Survive Our Tragedies

By Robert L. Veninga

Ballantine Books. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.3in. x 6.0in. x 0.8in. Tragedy is a part of life, it is a part of the human mystery which we all must face. A Gift of Hope is a moving, beautifully written book that will give you the understanding and the self-assurance to overcome the anger and the loneliness, the suffering and the pain of your own personal travail: the loss of a loved one, the heartbreak of a handicapped child, a debilitating illness, an unwanted divorce, a severe financial setback. Here is a practical and inspirational guide to help you express your sorrow and begin the process of healing -- to help you move from sadness to serenity, from fear to faith, and to find courage in your moment of crisis. -- How to identify the stages of grief and recognize your need for help-- How to soothe the initial panic and relieve the long-term anxiety- - How to preserve your health, resist self-destructive impulses, and renew your sense of well-being-- How to draw on family and friends for spiritual solace and emotional support-- When to seek professional guidance, with a comprehensive list of national organizations This item ships from...



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