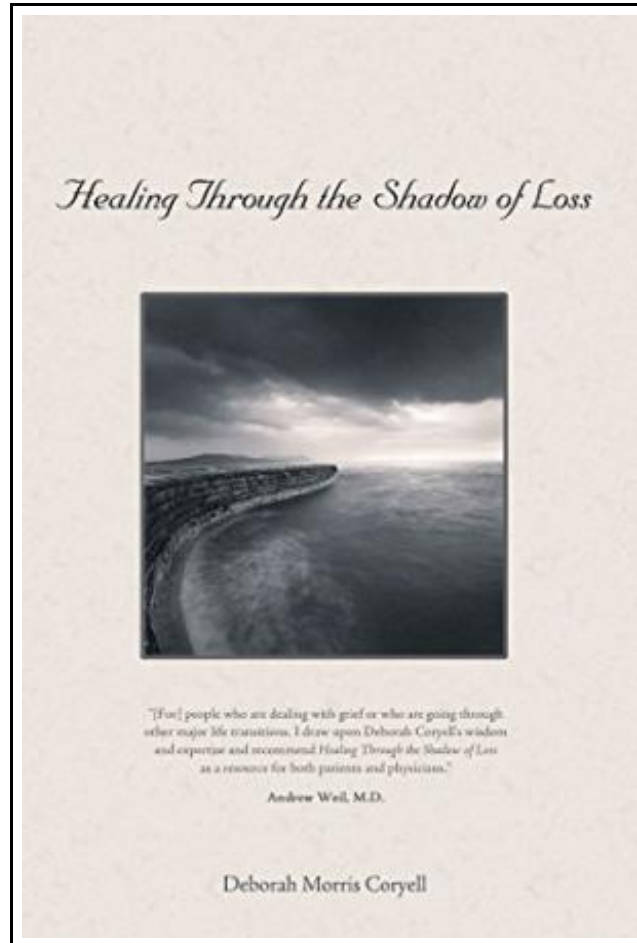


Healing Through the Shadow of Loss



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(Ivah West)

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Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Healing Through the Shadow of Loss, Deborah Morris Coryell, We grieve only for that which we have loved and the transient nature of life makes love and loss intimate companions. In Healing Though The Shadow Of Loss, Deborah Morris Coryell describes grief as the experience of not having anywhere to place our love, of losing a connection, an outlet for our emotion. Healing grief is learning how to continue to love in the face of loss. She points out that while the passing of time does not heal us, embracing loss allows us to awaken our most profound connections to other people. Part of the grieving process is finding our place in the world again following a loss. We tend to define ourselves in relation to those we love - as "Laura's mother," "Jims wife" or "Stacey's friend." The loss of a loved one is jarring to these foundations and can make us question our own sense of reality. In addition, the body must adjust to the sensory changes of having lost a part of our life, a part of our daily existence. Coryell draws attention to our society's tendency to rank losses in a "hierarchy of grief." She reminds us that all losses must be grieved in their own right and on their own terms and that we must honour the "big" losses as well as the "lesser".



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