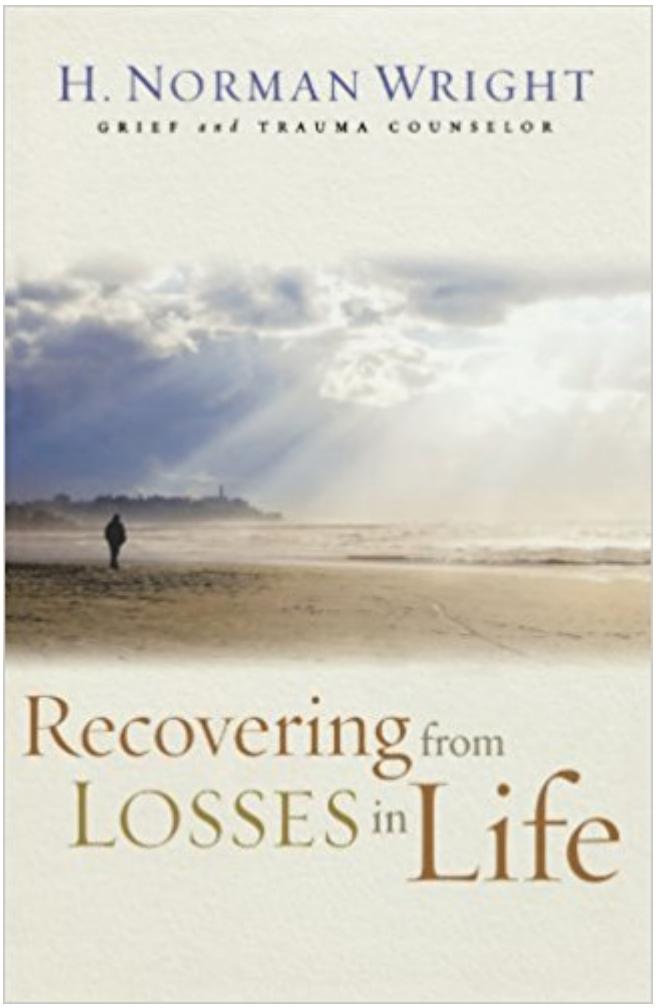
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Recovering From Losses In Life



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Synopsis

Life is marked by a variety of losses, says certified trauma specialist H. Norman Wright. Some are life-changing, such as leaving home, the effects of natural disasters or war, the death of a loved one, or divorce. Others are subtle, such as changing jobs, moving, or a broken friendship. But whether readers encounter family, personal, or community disaster, there is always potential for change, growth, new insight, understanding, and refinement. Writing from his own experience, Wright covers such issues as the meaning of grief, blaming God, and learning how to express and share in times of loss. Now repackaged and updated with additional material, Recovering from Losses in Life will help readers find hope in difficult times. Study questions included.

Book Information

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Customer Reviews

You can make it throughLife is marked by losses. Some are life changing, such as leaving home, the effects of natural disasters or war, the death of a loved one, or divorce. Others are subtle, like changing jobs, moving, or a broken friendship. But whether you encounter family, personal, or community disaster, there is always potential for change, growth, and new insight. Writing from his own experience and expertise, certified trauma expert and best-selling author H. Norman Wright shows you how to work through loss and come out a stronger person on the other side. He tackles tough issues like the meaning of grief, blaming God, and learning how to express yourself and share your pain in times of loss. Whether you've gone through a great tragedy or are just trying to deal with the small sorrows in life, this book can help you resist the pull toward despair and start on the

road back to joy.H. Norman Wright is a bestselling author, a certified trauma specialist, and a licensed marriage, family, and child therapist. He lives in California.

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I can’t PRAISE this book enough. It helped me the most out of ALL the grief books I’ve read. I believe the core concept here is "exactly what you have lost." EX: 1) Having a handicap child, you lost all your dreams hopes for the future of life w healthy child. 2) death of SPOUSE - you don’t automatically think about what ALL that spouse DID. Cook, clean, run errands, keep check book, do the taxes.The author really talks the emotions that come later, after the funeral, after all the friends & family go home. He answers why you feel this way.

Originally I started reading this book because it was a requirement for my degree in Christian Ministry, but I am so glad they made us, otherwise I probably would have never read it. It was a great book and I would reccommend it to everyone. Everyone faces losses in life and this book is wonderful in helping a person deal with them. It is espcially helpful in dealing with death. I found it very helpful for me and opened my eyes to areas in my life where I still needed recovery. I love that it has reflection questions for each chapter and allows you to really reflect on yourself. Great book, would be very benefical for everyone, we all have losses in our life!

There are many books on grief available in the Christian marketplace..this is a very good one for those who want to understand both the grief process and the road to recovery. It is well written and comprehensive. I have a library of books on this topic and work as a Pastoral Counselor in this area. This particular book would be a great text for a class. It is also a good resource for pastors who may not have received training in this area and yet run into it daily in their ministry.If you need to understand your own process or that of another person, this book will help. It is easy to understand and one that you can refer to time and time again.

This author writes with compassion and understanding and has helped me as I deal with my changed life after the death of my husband. I have even taken notes so I can refer back to specific areas of interest. It is written from a spiritual viewpoint which pleases me because I believe in the hereafter and am looking forward to seeing my husband again. I am so glad he had the assurance

his sins were forgiven and that he is waiting on the other side for me.

This book was a gift, I actually bought four of them for my cousins who lost their mom/ wife very unexpectedly. All were very grateful and have turned to the book on hard days like her birthday she would have celebrated with them. I felt this was better than flowers, they have this book for the tough year ahead.

If you have ever attended one of Norm’s half-day seminars, this book is very similar to everything he covers. There is so much important information here, whether you are experiencing loss through death of a loved one, your own physical illness, a move, a job change, loss of a dream, loss of innocence, you name it. It will help you treat yourself and others with more compassion. I highly recommend this book to anyone and everyone.

This is the 2nd book I read by H. Norman Wright, and it helped me as much as the first. He is so encouraging and makes you feel so normal with everythng being experienced. This book applies to so many areas of life and is good to read in general, not just when you are suffering a loss. Sooner or later we are all going to lose something or someone, and this really is a wonderful resource to have for those times. I have read both of his books through several times and given them as gifts. Highly recommend!

An excellent way to process past and current grief. The author writes from the heart of a pastor, the mind of a psychologist, and from personal experience.

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