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## I Didn't Know What to Say: Being a Better Friend to Those Who Experience Loss (Paperback)

By David Knapp

Grief Relief Ministries, 2016. Paperback. Condition: New. Revised ed.. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Death is the opposite of life. And for those who have experienced loss, grieving can feel dark, lonely, scary, confusing and/or almost unbearable. For those grieving, life almost seems suspended, but the reality is, life goes on regardless of our loss. As fellow humans looking on, we WANT to communicate, but words seem impotent and so often we simply don't know what to say, hence, the title of David Knapp's book: I Didn't Know What To Say: Being A Better Friend to Those Who Experience Loss. The author speaks candidly about his firsthand experience with death and dying by sharing his personal heartache, struggles and lessons learned in the process. He discusses how fear and isolation often go together in the grieving process. The griever often feels fear while those around them often isolate them until they get over it. He gives insights about the multi-layered nature of grief and helps readers understand how they can better fit into the process of helping others through those various layers. He discusses the subjects of avoidance and stuffing, hope and...

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