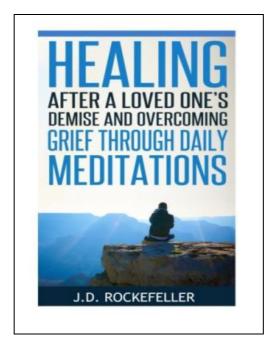
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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. There is nothing more painful than losing someone you dearly love. Loss is a fact of life and no one can ever take control of this, but no one can also deny that it makes the lives of people left behind sad and miserable. It is hard to cling on to happy memories with a loved one when they are still alive, so it would just be a natural reaction to mourn for their physical absence. Knowing that your loved one already left you behind can be unbearable, but you have to remember that though his or her life ended, your life needs to continue. The negative emotions are given after someone is demise but it is not right to embrace sadness for the rest of your life. Healing after a loss is highly possible. It just takes positive attitude and determination to overcome the pain and grief so that everyone will continue to live and be happy. If you do not know when and where to start healing your heart and its wounds, read on as this book was written to guide you as you walk through and finally overcome the dark phase of your life. Here, you will discover ways on how to overcome your grief through daily meditations and many other helpful ways.



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