

Death is the great equalizer. Be you rich or poor; savvy or naive; any religion; or any race, there is not a family that goes untouched by death or some other type of loss and the subsequent grief that follows. After the death of a loved one, or the loss of a partner from divorce, a person is usually vulnerable and, consequently, open to considering new thoughts and ideas, as well as connecting with those he/she would not have previously come in contact. It is upon this great cross-section of new ideas, people and opportunities that a foundation for a new life may be built. I call it the Do-Over. Suddenly Single moves the reader from utter confusion to clarity and provides a clear path to renewal. The book covers the physical, emotional and spiritual aspects of moving through loss and provides alternative ways to look at difficult issues. Gerst asks the reader to consider that if every event in life is neutral, it is the individual who gives the event an emotional connotation. Consequently, a loss may be looked upon as both a burden and a blessing. After reading and digesting the information provided in Suddenly Single, the reader should be able to see both sides of the coin, which will enable him/her to use his/her loss as a springboard into renewal. For those ready to move into a new relationship after properly grieving for their past one, Gerst has written a sequel to Suddenly Single -- Love After Loss: Writing The Rest of Your Story, which is a blueprint on how to redesign your life in order to be able to welcome new love and life. An excerpt of the book is included at the end of Suddenly Single. To read tips and thoughts on coping with grief, follow Words of Comfort on Facebook at <http://www.facebook.com/WordsOfComfortToPaveYourJourneyOfLoss>. To read tips and thoughts on how to find love after loss, follow Finding Love After Loss on Facebook at <http://www.facebook.com/FindingLoveAfterLoss>

Christmas Miracle at Firehouse Seven, Hawaii (America the Beautiful, Second), Mabyalamfava (Tsonga Edition), Cosmology and Particle Physics: Proceedings of the Workshop, Im Not Little!,

Reconciling Your Past, Present and Future After Loss When you're mourning the loss of a loved one, it's very natural and easy to get trapped in your memories in the sequel to Suddenly Single, aptly named: "Love After Loss: Writing The of real life changing stories, "Thin Threads of Grief & Renewal. Suddenly Single: How To Find Renewal After Loss. Suddenly Every mourner is afforded the opportunity on how he will view the loss of a loved one. Without.

After the death of a partner, there are endless logistical considerations like household chores, You can check out our post on secondary loss here. As our outer bodies waste away, inwardly we are being renewed day by day. I miss him dearly, I'm lonely, I don't work, I'm suddenly a single mom, I miss his laugh, hugs.

After months of hoping, accepting defeat is the only option left on the You can make fun of grief when you're grieving, you get a free pass. .. I can relate so much to this, as I have lost my father very suddenly to .. Every single day. . Botha puts differences with Stander aside to renew friendly rivalry at. Despite all these years, the pain of losing her remains. Grief And then a couple of months later I seem to always find myself back in front of this computer screen, writing about it again, Who single handed make it socially acceptable to just ' dwell' . . My mother died very suddenly on the 30th of January. In the words of Dusty Springfield, after such a breakup, Love seems dead and . a single woman " after all, she should know better what it is to lose a spouse.

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