



# **The Grieving Parent's Book of Hope: How to Survive the Loss of Your Child**

*Norma Sawyers-Kurz*

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**The Grieving Parent's Book of Hope: How to Survive the Loss of Your Child** Norma Sawyers-Kurz  
THE GRIEVING PARENT'S BOOK OF HOPE: HOW TO SURVIVE THE LOSS OF YOUR CHILD, is a comprehensive and compassionate journey down the road of grief. The book is written from the intimate firsthand experience of a mother who has lost a child and holds the reader in a continual warm embrace. What makes this book unique, therefore, is that it is written by someone who has experienced what you are now experiencing, the death of a child. Although competent doctors, psychiatrists, and others have written many books about the grieving process, this book has been written by someone who understands how you feel. The suggestions provided in this book are organized into ten chapters that roughly parallel what experts call the stages of grief, as follows: (1) Surviving Shock and Denial; (2) Surviving Emotional Suffering; (3) Surviving Depression; (4) Surviving Panic; (5) Surviving Guilt; (6) Surviving Anger; (7) Surviving physical Aspects of Grief; (8) Surviving Life Changes; (9) Engaging in Meaningful Activity; and (10) Affirming Reality

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Why? Because this The Grieving Parent's Book of Hope: How to Survive the Loss of Your Child is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will zap you with the secret that inside. Reading this book alongside it was fantastic author who all write the book in such wonderful way makes the content inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of rewards than the other book get such as help improving your expertise and your critical thinking way. So , still want to hold off having that book? If I were being you I will go to the reserve store hurriedly.

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