



How to Grieve Well: What Happens to You When You Have Lost a Loved One? (Paperback)

By Dr Michael F Conrad

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Have you just lost a spouse or loved one? Are you frustrated because you are not in control, and those relationships that you cherished are no more? Is each day meaningless without your partner? Are you angry because you think God took your loved one away from you? Are you afraid? God may be answering your prayers but you may not be able to receive the message. In communicating with God, whatever is received by you is received according to your disposition, not God's. If you are spiritually depressed, you may not be able to pick up on what God has to say to you. If you are filled with hatred, envy, anger, rage, uncontrolled thoughts of betrayal, you may not be able to communicate until you calm down. Seek God's peace. These gentle, meditative thoughts are for your reflection and healing. Some of us never calm down, so we cannot listen and learn. We keep our baggage when we need to let it go and move on. Treat each of these pages as a meditation....



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