## Bereavement and Loneliness



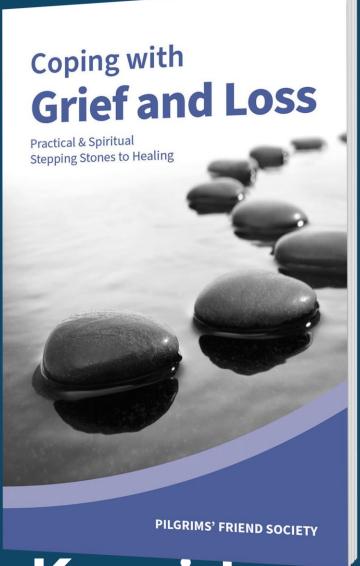












- Background cognitive behavioural therapist
- Research
- Interviews with others' lived experience
- Sent for review
- One said, 'this book should be read by everyone who ministers to others.'
- 'I needed that reassurance that my grief is normal, my physical feelings are normal for this time, and the knowledge that God is with me.'





We do not grief as the world grieves – we have hope! 1 Thessalonians 4: 13-18, - the glories of Heaven, 1 Corinthians 2:9

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Chapter 1. Grief and loss in a Christian context

Chapter 2. The impact of bereavement

Chapter 3. Finding your stepping stones

Chapter 4. Taking practical care of yourself

Chapter 5. Dementia and Grief

My mourning has meant something. My heartbreak has opened my soul to more of God's grace. My suffering has reordered me... If we let him, this is what God does with the heartbreak we face and the sorrow we endure.' Revd Malcolm J Duncan







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