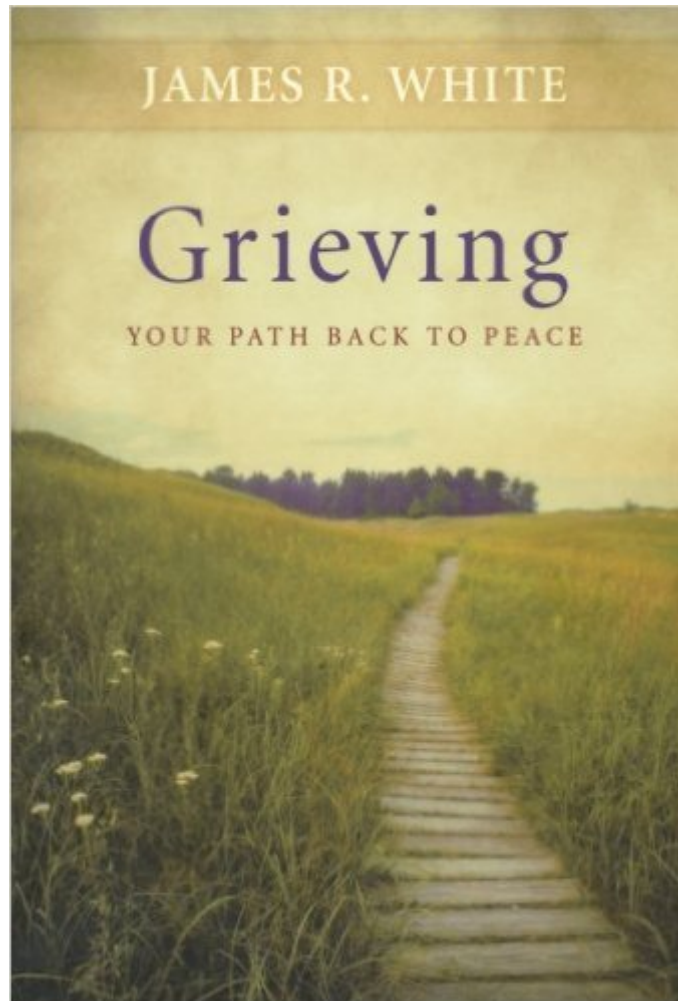


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# Grieving: Your Path Back To Peace (Crisis Points)



## Synopsis

Written at a much appreciated length, this brief book gently guides readers through the healing process of grief. Showing how grief doesn't happen in neat orderly stages, it explains how to work through painful emotions and questions and find God's peace and healing. Here is an updated look for a steady seller.

## Book Information

Series: Crisis Points

Paperback: 96 pages

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Product Dimensions: 5.2 x 0.2 x 7.8 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #107,328 in Books (See Top 100 in Books) #124 in [Books > Christian Books & Bibles > Christian Living > Death & Grief](#) #229 in [Books > Self-Help > Relationships > Love & Loss](#) #409 in [Books > Self-Help > Death & Grief](#)

## Customer Reviews

Another young widow gave me this book when my husband died. She said, "I know that people will send lots of books to you as they did for me. I don't know about you, but I certainly had no desire to read them. But I did read this one and it was a great blessing! It's not thick and it is easy to read." Upon her recommendation, I read "Grieving: Our Path Back to Peace." It became my good counselor and reference point during the first year of widowhood. I referred to it many times and now I buy multiple copies to have on hand to give away. Mr. White has experience as a hospital chaplain. He explains that the grieving process is best understood as a spiral: it includes the classic stages of grief, but we tend to revolve in and out of them, sometimes over and over again, rather than get through one stage and pass on to another. Also, the way we process and handle the grief can put us on the upward path to peace, or the downward path to despair. This was comforting to me. Because of the circumstances of my husband's death I was in the "Numbness/Shock" phase for a long time, and I had little of the anxiety or anger responses that often accompany grief. This book helped me understand my emotions, know that they were normal, and know that God was right

there with me. Two very simple charts helped me identify where I was at and where I was headed. It helped me put my feelings into words; to identify my feelings during this confusing and exhausting time was no small feat. This book is full of practical advice and help. Not a word is wasted. It's a quick read, yet it touches all the important stuff, even anger towards God. It includes the tough questions--DID God allow this? and WHY did God allow this?--and handles them with honesty and compassion.

James White gives practical, concise advice to guide those grappling with the loss of a loved one in the book *Grieving: Our Path Back to Peace*. Individuals grieving the death of a loved one must work through the stages of grief: shock and numbness, working through feelings, unlearning old patterns and learning new ones, and reentry. He points to the following things to remember to survive the grieving process: *• Grief is natural* *• Grief takes time* *• Grief is individual* *• Grief follows a pattern* White, a veteran counselor, hospital chaplain, as well as a bible teacher, explains our society is poorly equipped to deal with death and grief. People often expect the person that is grieving to get over it in a short period and move on with life. Even some Christians believe they should not mourn the loss of a loved one because *• they are in a better place.* *• Of course, they are in a better place but the person left behind has lost an important part of their life and needs to grieve, because in this life, that person* "a wife, husband, daughter, son, grandparent, parent, friend" *is gone forever. Christians experience grief, a human feeling, just like any other human being. Scriptures tells us what happens to believers when we die so that we* *do not grieve as those that have no hope* *• 1 Thessalonians 4:13-14. We grieve and mourn the loss of a loved one but through Jesus, we have hope because we will see our loved again.* He notes the sea of emotions the grieving individual struggles with include vulnerability, irritability, sadness, discouragement, anger, loneliness, fear, confusion, anxiety, and being easily offended. If the person mourning is unable to escape this sea of emotions in a timely, orderly fashion, they often feel guilty.

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