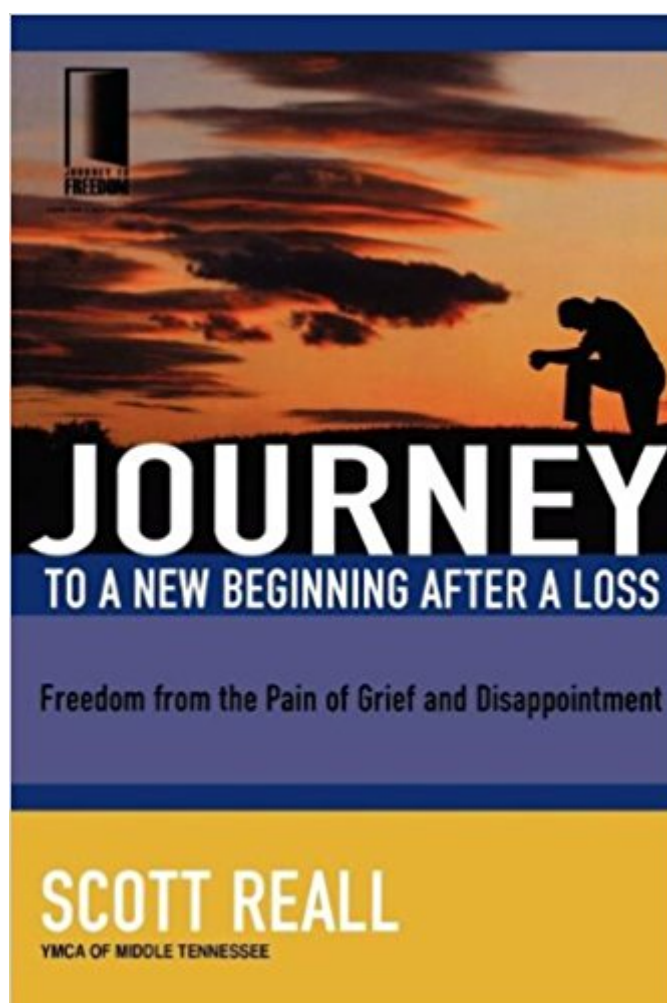


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# Journey To A New Beginning After Loss: Freedom From The Pain Of Grief And Disappointment (Journey To Freedom)



## Synopsis

Find hope and light in the face of the deepest grief. Based on the Journey to Freedom Manual, this study guide is about learning to face life after loss, whether that grief is the result of death, divorce, or other types of separation. Like the other study guides in the Journey to Freedom series, this study will focus specifically on living anew after a loss, while helping people change the things in their life that keep them from fulfilling their purpose and living their life to its fullest potential. Other guides in the series include: The Journey to a Life of Significance: Freedom from Low Self Esteem 978-1-4185-0770-1 The Journey to Healthy Living: Freedom from Body Image and Food Issues 978-1-4185-0769-5 The Journey to Living with Courage: Freedom from Fear 978-1-4185-0772-5

## Book Information

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## Customer Reviews

Scott Reall's passion for helping people break free from life controlling issues began while serving as Senior Wellness Director for the Green Hills YMCA in Nashville, TN. Though his primary role was consultation with members regarding their fitness goals, he recognized other personal challenges including depression, loneliness, substance abuse, eating disorders, and codependency. In 1994, Scott began facilitating a recovery group at the Green Hills YMCA similar to the Twelve Step recovery group of ALCOHOLICS ANONYMOUS(R). Six years and hundreds of participants later, Scott collaborated with the Middle Tennessee YMCA system to expand the Twelve Step groups into other YMCAs and out of this partnership emerged Restore Ministries. Scott and his wife are the

parents of three grown children.

This writer points out that we, in our society, are not taught how to deal with loss, whatever the loss may be, lover, job, baseball career, pet, family or friend to death... We are taught to win, go for the goal, get on top and somehow expect to actually stay there, how silly! It is not a 'wordy' book but one simply written of substance helping me to see that there is a path to follow and what stops to make along the way. It was a fast and easy good read.

Great review and read!

Good book

Grerat reading

i use this book to help my client's address and work through their grief and losses due to death. this is an easy to read and work book. i am a counselor for addiction treatment and i meet client's regularly with this issue. after working on their grief and loss, i have been made aware that this enhances their recovery success. i highly recommend this book for any professional to use and anyone suffering with grief.

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