



# **Grieving with Your Whole Heart: Spiritual Wisdom and Practice for Finding Comfort, Hope and Healing After Loss**

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# Grieving with Your Whole Heart: Spiritual Wisdom and Practice for Finding Comfort, Hope and Healing After Loss

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**Encouragement and inspiration from across faith traditions for walking with sorrow and honoring loss.**

"As an expression of the soul, grief has its own purposes and timing.... You can let grief work for you by responding to it imaginatively.... Grief may feel overwhelming, but that is only because it is time for you to expand your heart and make it capable of far more love and connection. In this way, grief is a pathway to a more soul-centered life."

?from the Introduction by Thomas Moore

This soulful companion for grief offers wisdom and creative spiritual practices for expressing and experiencing sorrow while keeping a life-giving connection to the past. Whether you need to grieve in words or silence, in solitude or in company with others, this compassionate guidance from across spiritual traditions will meet you where you are, helping you find wholeness and a renewed vision of yourself and the world.

**For use by individuals as well as in groups or counseling settings.**

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