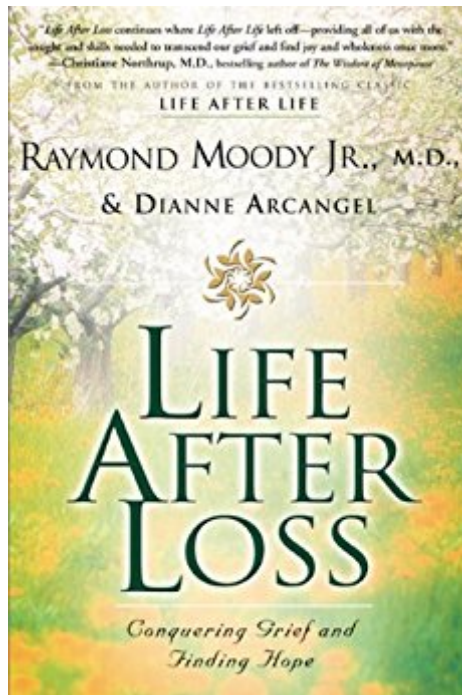




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Life After Loss: Conquering Grief And Finding Hope



Synopsis

A unique approach to understanding and overcoming grief. Bestselling author Raymond Moody and his colleague Dianne Arcangel show how the grieving process can transform our fear and grief into spiritual and emotional growth.

Book Information

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Customer Reviews

Enjoyable read. Backed up some things I already knew.

Raymond Moody is a genius

An excellent resource book for anyone who has gone through or is going through the grief process. Especially meaningful are the real stories from real people to illustrate the points the authors are making. A great book to add to your library for future reference.

I bought this book for a relative who was grieving a loss. She mentioned that she'd always wanted

to know more about life after death. It brought her great comfort. I bought a copy for myself because that made me curious. This book is clear, easy to digest and minimally leaves one with an understanding that death is not an ending but a transition. It is both interesting and reassuring.

Just what I needed.

I don't know you, but I don't have time to lose. The author of this book could be more "specific"...direct to the point, instead of defining definitions.

This review has no negative comments about LIFE AFTER LOSS; the "lurching" in the review title refers to my adjusting to the death of my daughter when she was only 43 years old. In fact, some days I'm still lurching, and may lurch for a long time. LIFE AFTER LOSS was a great help. I won't steal any of the book's thunder, but I will admit that I re-read it regularly. It helps.

Lots of psychological jargon. I agree with other writers that this book can't decide what it wants to be. I did not find it comforting....very clinical, talked mostly about psychology. I know practical suggestions on how to deal with grief while you are in the midst of it are important, but I found what was written felt too much like going to a shrink. Cold, clinical, even with the excellent people stories. The book points out how things go well and badly during the process, and does emphasize the need to adjust your life to the new reality....good and necessary things. However, I think what really put me off were items in the book I thought were nonsense, namely children supposedly remembering what had happened to them in the womb and how traumatized they were. In reading this book, even though I am not particularly religious anymore, I have come to think that rituals conducted within the context of a community setting really do have their place...even more than the advice and warnings...yep, warnings....offered in this book. Things like those of the Jewish faith along with their friends and family "sitting shiva", rituals of the Catholic and other Christian denominations, native culture traditions for both the dead and those still alive.....perhaps we now live too much from the mind and not enough from the heart. Raymond Moody has spent much of his life studying life after death through the near death experience, but none of the wonder of that was transmitted in this volume. Disappointed.

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