



The Gift of Grief: Finding Peace, Transformation, and Renewed Life after Great Sorrow

Matthew D. Gewirtz

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Death, divorce, illness, disaster, personal loss, and financial disappointment. Crisis, tragedy, and suffering are among the most universal human experiences-and they can also be our most powerful catalysts for positive change. Rabbi Matthew D. Gewirtz offers a graceful, insightful, and inspiring education on the true meaning of grief: how it breaks and remakes us, bringing us closer to our strongest sense of self. Based on his extensive pastoral experience helping congregants grapple with grief, Gewirtz identifies the ways we block our experience of sorrow and loss and guides us to encounter these feelings fully, with compassion and clarity, and incorporate the lessons we learn into a richer life.

A dynamic rabbi teaches a prescriptive and enlightening approach to grieving as a vehicle for positive transformation and renewal. Presents compassionate, profound, counterintuitive guidance for working through and transcending grief on a psychological and spiritual level. Nondenominational advice from a spiritual leader, rather than a psychologist.

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The particular book The Gift of Grief: Finding Peace, Transformation, and Renewed Life after Great Sorrow has a lot of information on it. So when you make sure to read this book you can get a lot of gain. The book was published by the very famous author. The writer makes some research ahead of write this book. That book very easy to read you can find the point easily after looking over this book.

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