



The Sun Still Rises: Surviving and Thriving After Grief and Loss

By Shawn Doyle

Destiny Image, United States, 2015. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book. Every day, many people lose loved ones and face the grieving process. They suffer while coping with the loss of a child, spouse, parent, friend, or sibling. It is perhaps the most difficult and devastating challenge any of us face in our lifetime. In this book, the author supports the idea that you can survive and thrive after grief and loss. This is not a predictable five stages of grief book. In *The Sun Still Rises*, Shawn Doyle uses his heart wrenching personal story of bereavement to supply you with tools, tips, and techniques for dealing with loss and grief on an hourly, daily, and weekly basis. These are tools that are proven to work if you open your mind and heart. This book will help you: Expose myths and misinformation about grief Know what to expect (reactions, funerals, finances, legal matters) Get assurance and hope Evaluate your life Cope with grieving and healing Consider society's rules about grieving Make sound decisions Identify resources Start planning Take care of yourself Design your new life.



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Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- **Mr. Gustave Gerhold**

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- **Dr. Kadin Hane DVM**