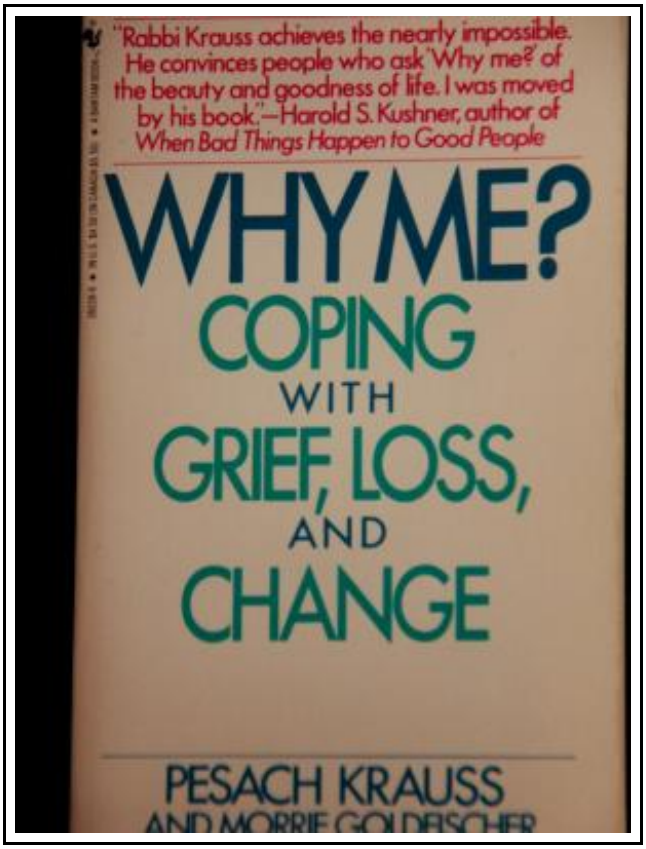
Why Me? Coping with Grief, Loss and Change



Filesize: 9.69 MB

Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.
(Melany Goyette)

WHY ME? COPING WITH GRIEF, LOSS AND CHANGE

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Bantam, U.S.A., 1990. Soft cover. Book Condition: New. Book store stamp. Synopsis: Rabbi Krauss shares his own story of personal challenge and loss and draws on poignant episodes in the lives of patients and families he has counseled to offer hope to people who are dealing with loss. "Krauss . . . writes without unctuousness and with authority."--Kirkus. HC: Bantam. From the Publisher: Why me? Sooner or later, it is a question that we all ask as we struggle with the pain and despair of losing a loved one, as we come face-to-face with our own mortality, as we search for the meaning of our lives and the reasons for our anguish. But Rabbi Pesach Krauss believes that even in the bleakest hours, there is room for hope. For it is during these times of crisis that we actually have the greatest opportunity for growth--the chance to transcend sorrow, anger, guilt, and fear and emerge with a greater capacity for life and a deeper appreciation of our own uniqueness. In Why Me? Rabbi Krauss draws on his own life experience as well as the experiences of patients he has counseled as chaplain at Sloan-Kettering Cancer Center in New York, to show you how you can: Use losses creatively to survive--and grow. Tap emotional power to achieve spiritual wholeness. Cope with impending death--your own or that of someone you love. Provide genuine support to those in mourning. Finished "unfinished" agendas and find peace of mind, And much more. For good people everywhere who are hurting, Why Me? is a prescription for a truly meaningful life--the joyous gift of learning how to make every second count.

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