

# Good Grief Heal Your Soul Honor Your Loved Ones And Learn To Live Again

**Lucien Brunelle Obituary (1962 - 2023) - South Hadley, MA - The ... - Obituaries**

**David Myers Obituary (1943 - 2023) - Portland, OR - The Oregonian - The Oregonian Obituaries**

Michael Sherwood Obituary (1942 - 2023) - Portland, OR - The ... - The Oregonian Obituaries

Theresa Caputo's 'The Experience' comes to San Diego - pacificsandiego.com

**'Long Island Medium' Theresa Caputo returning to mid-Michigan - MLive.com**

*'Long Island Medium' Theresa Caputo coming to New Buffalo - WNDU*

*'Long Island Medium' Theresa Caputo returns to F.M. Kirby Center in ... - NEPA Scene*

*A Love Letter to My Grandmother - Everyday Health*

**Recovery & Empowerment: A Path Forward | The Roys Report - The Roys Report**

Theresa Caputo doesn't let doubters bother her - Green Bay Press Gazette

*Beverly Anderson Obituary (1957 - 2023) - Lowell, MI - Grand ... - Grand Rapids Press Obituaries*

**Community Arts Center to host 'Long Island Medium' - Lock Haven Express**

**Good News! You May Be Able To Meet Your Favorite Celebrities In ... - Refinery29**

**Trevor's Eternal Trail - The Trek**

**The Long Island Medium is coming to The Ridgefield Playhouse on ... - HamletHub**

These Are The Coziest Fall Movies To Stream After Your 'Gilmore Girls' Rewatch - Yahoo Life

**Lenten Reflections 2023 - Catholic Telegraph - The Catholic Telegraph**

**10 Books for Taylor Swift's 10 Eras < Literary Hub - Literary Hub**

*Podcast: Medical Worker Burnout, Trauma, and Compassion Fatigue - PsychCentral.com*

**'Long Island Medium' Theresa Caputo 'The Experience' in Louisville - Courier Journal**

**Sending a message with their shoes - Steelers.com**

*I'm Dying Up Here: Books on How to Grieve and How to Die ... - The New York Times*

Mack Barnes Obituary (1962 - 2023) - Birmingham, AL - AL.com ... - Birmingham Obituaries

Interview with Matthew Fox: Essential Writings on Creation Spirituality - Tikkun Magazine

**Diocese to hold 2nd Mass of Remembrance for suicide victims - The Catholic Sun**

Fall 2023 Announcements: Religion & Spirituality - Publishers Weekly

**Amazing Long Island Medium Theresa Caputo is Coming to Boise! - Mix 106**

**Kevin Freeman Obituary (1941 - 2023) - Portland, OR - The Oregonian - The Oregonian**

**Obituaries**

**Luke Schunk Obituary (1991 - 2023) - Salt Lake City, UT - The Salt ... - Legacy.com**

**Harrah's to host Theresa Caputo Live! The Experience - InMaricopa.com**

**Ocean Casino Resort presents Theresa Caputo - New Jersey Stage**

**She Lost Her Mother to Tragic Violence. Now, Nicole Avant Is ... - Maria Shriver's Sunday Paper**

How Do I Overcome the Grief from My Husband's Death? - GoodTherapy.org

*10 Artists Who Are Outspoken About Mental Health: Billie Eilish ... - The GRAMMYs*

Theresa Caputo - Age, Bio, Birthday, Family, Net Worth - National Today

William Green Obituary (1952 - 2023) - Queensbury, NY - Post-Star - Legacy.com

**Theresa Caputo, star of hit TV show, coming to Penticton - Penticton Western News**

*Q&A INTERVIEW: 'Long Island Medium' Theresa Caputo talks about ... - The Morning Call*

*Justice for Cookie: How the murder of El Camino College student ... - El Camino College Union*

**CRC Synod 2023: A Message From an LGBTQ Member - The ... - Reformed Journal**

*TICKET ALERT: 'Long Island Medium' Theresa Caputo Comes to Coral Springs • Coral Springs Talk - Coral Springs Talk*

**The Top 54 Events in Seattle This Week: Oct 30-Nov 5, 2023 - EverOut**

**Richard Romain Obituary (1954-2023) - Gretna, LA - The Times ... - Obituaries**

*Long Island Medium star Theresa Caputo to appear three nights at Chumash Casino Resort - Santa Ynez Valley News*

*'Long Island Medium' Theresa Caputo returning to Erie's Warner ... - GoErie.com*

*Mental Illness in Brandon Sanderson's Stormlight Archive - tor.com*

**The Gaslight Anthem's Comeback Album 'History Books' Makes A ... - The GRAMMYS**

**Last Earth Day, Wynn Bruce Set Himself on Fire Outside the ... - InsideClimate News**

*Songbook: How Janet Jackson's Fearlessness & Creative Prowess ... - The GRAMMYS*

**Larry Boyd Obituary (1989 - 2023) - Oakland, CA - Lodi-News Sentinel - Legacy.com**

**Psychic medium Theresa Caputo coming close to Staten Island in November 2022 | How to get tickets - SILive.com**

*Long Island Medium heads to Capitol City - WIBW*

**Family Panel Discussion - Supporting a Child, Teen, or Young ... - Mad in America**

*Johnny Williams Obituary (1944 - 2023) - Syracuse, NY - Syracuse Post Standard Obituaries*

**"Long Island Medium" Theresa Caputo coming to Torrington - Torrington Register Citizen**

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*Honor Breann's End of Life, organized by Samantha Van Vleet - GoFundMe*

*Ed Sheeran's Road To 'Subtract': How Grief And Tragedy Forced ... - The GRAMMYS*

The Rector's Sermon from Sunday, October 15th: "The Land Is the ... - All Saints Church, Pasadena -

**11 Reasons Why 2023 Is Ed Sheeran's Definitive Year: Two Albums ... - The GRAMMYS**

**Theresa Caputo, From TLC's Hit Show, Long Island Medium, Is ... - TK Business Magazine**

Inside Tennessee faith communities as they grapple with grief and ... - Tennessean

**An Oral History with eliza myrie - BOMB Magazine**

**Movies playing in Southeast Michigan, new releases Oct. 27 - Oakland Press**

5 Indigenous Artists You Need To Know: Earth Surface People ... - The GRAMMYS

**Gudrun Schmitz Obituary - Nelson-Doran Funeral Home - 2023 - Legacy.com**

**'Long Island Medium's' Theresa Caputo to bring live show to Knoxville - Knoxville News Sentinel**

Long Island Medium Theresa Caputo to appear at the Borgata in Atlantic City on Aug. 20 | How to get tickets - SILive.com

**'Long Island Medium' comes to Davenport - WHBF - OurQuadCities.com**

**Channel your feelings when Theresa Caputo appears live at Wortham Center - 365 Things to Do in Houston**

*'Long Island Medium' shares her gift at Plaza Theatre on Tuesday - El Paso Times*

*Following St. John Paul II in fighting antisemitism - Catholic World Report*

'Long Island Medium' says delivering messages from deceased is ... - The Advocate

**Elijah Lee Lewis shooting: In Seattle, building a city of brothers - USA TODAY**

**100 Best Celebration of Life Poems for Funerals or Memorials - Parade Magazine**

Brigham Darger - Larkin Mortuary

**How one Pulse shooting survivor found love, learned to live again after tragedy - ABC News**

**How Long Should You Wait After Losing A Pet To Get Another One? - HuffPost**

*Theresa Caputo coming to Daytona Beach: How the Long Island ... - Daytona Beach News-Journal*

*Whatever Holiday Gift Guide 2023, Day Two: Non-Traditionally ... - John Scalzi's Whatever*

Book Mail: A mountain retreat, a retelling of Swan Lake, a queer love ... - Teen Librarian Toolbox

*Dante Sydnor Obituary - Richmond Coach & Cremation Service ... - Legacy.com*

**Hanover is removing 75 books from school libraries. Here's what ... - CBS 6 News**

**Richmond WTVR**

Shooting updates: Mourners gather at candlelight vigil to remember ... - Lewiston Sun Journal

**Dolores Schexnayder Obituary (2023) - Garyville, LA - The Times ... - Obituaries**

*Matthew Causey Obituary (1943 - 2023) - New Orleans, LA - Obituaries*

How To Complete The Myconid Colony Quests In Baldur's Gate 3 - TheGamer

**Sarah and Jack Corbett's court statements in full as Molly Martens is ... - Irish Independent**

**Meliah Ortiz Obituary (2003 - 2023) - Legacy.com**

**Happenings: Week of October 12th | Calendar | vcreporter.com - Ventura County Reporter**

**Pretty Intense** - Danica Patrick 2017-12-26  
America's NASCAR standout offers a 90-day program to sculpt your body, calm your mind, and achieve your greatest goals Everything

Danica Patrick does is Pretty Intense. A top athlete in her field, not to mention a fan favorite and the first woman to rule in her male-dominated sport, Danica approaches every

aspect of life with the utmost intensity. Now, she shows you how you can apply her daily principles and transform your life for the better--and have fun while doing it. Danica's 90-day high-intensity workout, protein-rich, paleo-inspired eating plan, and mental-conditioning program will get you leaner, stronger, and healthier than you've ever been before. By mixing full-body training and stretching exercises, her accessible workouts hit the holy trinity of fitness: strength, endurance, and flexibility. Bolstered by a customized eating plan for all-day energy, her program will also help you cultivate a mindset for limitless success. You will learn to aim your sights high, confront challenges and setbacks with confidence, and cross the finish line every time. Whether your goal is a stronger core, better skills in the kitchen, or a promotion at work, Danica's Pretty Intense plan will help you reach your highest potential.

*There's More to Life Than This* - Theresa Caputo

2013-10-01

For fans of TLC's Long Island Medium and anyone interested in the big questions of life, death, and finding out what's important in between, New York Times bestselling author and medium Theresa Caputo shares how she discovered her gift and her many encounters with Spirit. Beloved medium Theresa Caputo, star of the hit television show Long Island Medium, opens the door to her world and invites you to experience her exceptional gift of communicating with those who've crossed over to the Other Side. The always funny, frank, and down-to-earth medium—whether she's talking to her family, the local butcher, or the souls of those who've passed on—began communicating with Spirit at the age of four, but didn't fully accept her gift until she was thirty-three years old. She had a good life as a busy wife and working mom, but also suffered from chronic anxiety that, as it turned out, came from ignoring her abilities. Once Theresa began

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channeling, she realized that she felt much better after delivering a message from Spirit and releasing that energy. Since then she's used her extraordinary gift to help people heal from the loss of their loved ones. Theresa feels that it's her purpose to make us all aware that there is more to life than what we see here in the physical world. She wants you to know that your deceased loved ones are safe and at peace, and that they're now with you in a different way—watching over you, loving you, and assisting you from the Other Side. She also wants you to realize that the unexplainable things you sense and feel from these souls are real, and that it's healthy and essential to acknowledge them. There's More to Life Than This lends insight on how Theresa's mediumship works, what happens to your soul when you die, what Spirit says Heaven is like, what the deceased want you to know, the importance of living a positive life, and the many roles that your family, friends, angels, guides, souls of

faith, and God play here and in the afterlife. It also explores how to safely connect with Spirit, so that you can recognize when your loved ones are reaching out. Through Theresa's personal story, compelling anecdotes, and fascinating client readings, she teaches us about how she communicates with Spirit and helps us to understand and appreciate the important lessons and touching messages that we're meant to embrace every day.

[The Sudden Loss Survival Guide](#) - Chelsea Hanson 2020-05-19

Restore Your Spirit after Sudden Loss Healing after loss. When a loved one passes unexpectedly, the person left behind can lose their bearings. After the sudden loss of her mother, Chelsea Hanson, a nationally-recognized grief educator and founder of With Sympathy Gifts and Keepsakes, didn't know where to turn for help, what to do next, or how to put the pieces of her life back together. Hanson's *The Sudden Loss Survival Guide* gathers everything

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that she learned during her own recovery process and provides an indispensable road map to aid those who've experienced a life-changing loss. A proactive, intentional approach. While you cannot control losing a loved one, you can consciously guide your own recovery. Through the application of simple, proactive practices, The Sudden Loss Survival Guide will empower you to overcome the darkness and anxiety of grief. Action-based tools. The Sudden Loss Survival Guide includes heart-lifting prompts and action steps that guide you towards reengaging in life and discovering deeper meaning. Through Hanson's grief healing practices, this book delivers the essential answers and tools needed to survive, cope, and heal from the devastating impact of sudden loss. The Sudden Loss Survival Guide is a distinctive grief recovery handbook. In this book, discover:

- Seven practices for healing, including creative memorialization and maintaining an ongoing spiritual connection
- Skimmable, stand-alone

passages with immediate, usable information for the trauma you're facing • A transformative method for living a meaningful, fulfilling life in remembrance of your loved one Readers of grief books like It's OK That You're Not OK, I Wasn't Ready to Say Goodbye, and Grief Day By Day will learn how to live again with the help of The Sudden Loss Survival Guide.

**Zenspirations** - Joanne Fink 2014-02-01

Patterning is fun, easy and relaxing. It is a great way to add interest and texture to any design. Whether you like to journal, draw, doodle, design, or craft, you'll find a world of inspiration here. These decorative borders, frames, shapes, and alphabets will appeal to a spectrum of tastes and styles.

*Continuing Bonds* - Dennis Klass 2014-05-12

First published in 1996. This new book gives voice to an emerging consensus among bereavement scholars that our understanding of the grief process needs to be expanded. The dominant 20th century model holds that the

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function of grief and mourning is to cut bonds with the deceased, thereby freeing the survivor to reinvest in new relationships in the present. Pathological grief has been defined in terms of holding on to the deceased. Close examination reveals that this model is based more on the cultural values of modernity than on any substantial data of what people actually do. Presenting data from several populations, 22 authors - among the most respected in their fields - demonstrate that the health resolution of grief enables one to maintain a continuing bond with the deceased. Despite cultural disapproval and lack of validation by professionals, survivors find places for the dead in their on-going lives and even in their communities. Such bonds are not denial: the deceased can provide resources for enriched functioning in the present. Chapters examine widows and widowers, bereaved children, parents and siblings, and a population previously excluded from bereavement research: adoptees and their birth parents. Bereavement

in Japanese culture is also discussed, as are meanings and implications of this new model of grief. Opening new areas of research and scholarly dialogue, this work provides the basis for significant developments in clinical practice in the field.

[You Can't Make This Stuff Up](#) - Theresa Caputo  
2015-08-18

The host of "Long Island Medium" relates the wisdom she has gleaned from spirit and client readings, sharing insights into spiritual concepts and everyday challenges.

*I Love Jesus, But I Want to Die* - Sarah J. Robinson  
2021-05-11

A compassionate, shame-free guide for your darkest days "A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized."—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn't cure you of depression,

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anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to “choose joy” and “pray more.” So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you’re left wondering if God has abandoned you. You just want a way out. But there’s hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path

toward a rich, hope-filled life in Christ, even when healing doesn’t look like what you expect. *Good Grief* - Theresa Caputo 2017-03-14  
The star of "Long Island Medium" shares inspiring, spirit-based lessons on how to work through and overcome grief, in a guide that also offers example testimonies about the experiences of her clients

**Point of Contact** - Melanie Hansen 2018-03-01  
Only love can heal an impossibly broken heart. There’d forever been a thread running through Trevor Estes’s life—his son, Riley, strong and constant like a heartbeat. But when Riley is killed in combat, everything in Trevor’s life unravels into a mess he doesn’t know how to mourn. Then Jesse Byrne, Riley’s friend and platoon mate, arrives on Trevor’s doorstep with a box of Riley’s things. Jesse’s all-too-familiar grief provides an unlikely source of comfort for Trevor: knowing he’s not alone is exactly what he needs. Trevor never imagined he’d find someone who fills his heart with hope again. As

the pair celebrate Riley's memory, their unique bond deepens into something irreplaceable—and something neither man can live without. But diving into a relationship can't be so simple. Being together means Trevor risking the last link he has to his son...leaving Jesse to wonder if he'll ever be enough, or if Trevor will always be haunted by the past. This book is approximately 120,000 words One-click with confidence. This title is part of the Carina Press Romance Promise: all the romance you're looking for with an HEA/HFN. It's a promise! Carina Press acknowledges the editorial services of Alissa Davis

[When Heaven Calls](#) - Matt Fraser 2021-11-23  
America's top psychic medium reflects on his life of speaking to Spirit and the lessons he's learned along the way—from both the living and the dead. Matt Fraser is just an ordinary guy...who happens to talk to dead people. Born into a psychic family, Matt carries on the legacy passed down from his late Grandmother Mary by

connecting people to their dearly departed loved ones and delivering messages from the other side. His sold-out live group readings, television appearances, and private readings have allowed him to bring hope and healing to fans from around the world. But people who are not in the habit of talking with the dead have a hard time imagining what his day-to-day life is like. Based on the questions he gets, they seem to think he spends most of his time sitting cross-legged in a trance, maybe hovering a few inches off the ground, leaving his physical body behind as he journeys across the veil to the spirit realm. But it's not like that at all. Now, in *When Heaven Calls*, Matt opens up about it's really like to be a psychic medium—including how he discovered his spiritual gift, what it's like to connect with souls on the other side, what communicating with the dead has taught him about embracing life, and how you can tap into your own intuitive awareness to manifest your dreams, goals, and desires.

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Loved Baby - Sarah Philpott 2017-10-02

Close to one in four American women experience the silent grief of pregnancy loss. Loved Baby offers much-needed support to women in the middle of psychological and physiological grief as a result of losing an unborn child. In Loved Baby, author Sarah Philpott gently walks alongside women as they experience the misguided shame, isolation, and crushing despair that accompany the turmoil of loss. With brave vulnerability Sarah shares her own and others' stories of loss, offering Christ-filled hope and support to women navigating grief. This fresh and compassionate devotional offers:

- Real talk about loss
- Christ-filled comfort
- Tips to manage social media, reconnect with your partner, and nourish your soul
- Knowledge that your child is in heaven
- Strategies to walk through grief
- Ways to memorialize your loss

Whether your loss is recent or not, Loved Baby can be your companion as you move from the darkness of grief toward the light of hope.

Resilient - John Eldredge 2022-06-07

The human soul has a built-in yearning for joy and beauty and all good things. But that craving for life has taken a real beating in the last few years. Join New York Times bestselling author John Eldredge as he gives you the tools you need to follow Jesus' path of supernatural resilience so you can reclaim your joy, strengthen your heart, and thrive through the storm. Between false promises of ease and comfort on one side and the sheer trauma of global disease and disasters on the other, people today are facing a shortage of peace, happiness, and strength. In Resilient, Eldredge reveals a path toward genuine recovery and resilience through Jesus himself. Drawing on wisdom from Scripture and Christian tradition, and illustrated throughout with powerful, true stories of grit and survival, Resilient will help you: Recover from the trauma of the COVID-19 pandemic Tap into the river of life that God promises his people Learn to be patient with yourself--genuine recovery from

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spiritual and emotional trauma takes time and intentionality Create a plan to foster resilience in your day-to-day life Discover deep wells of freedom and strength through Christ who lives within us Thriving requires a resilient soul. This book will help you find the resilience you long for when the world has gone mad--and discover in Jesus himself the strength that prevails.

**Good Mourning** - Theresa Caputo 2020-10-06  
Theresa Caputo, TLC's Long Island Medium and the three-time New York Times bestselling author, teaches us how to ritualize and recover from the daily losses in our lives. Life on earth comes with losses that often go unrecognized, unacknowledged, and un-mourned. This invisible pain causes deeper emotional damage—devastation that Theresa Caputo has witnessed in many of her clients. Though they are suffering, they rarely understand where the anguish is coming from—or how to deal with it. Theresa's clients often confuse their emotional distress with depression or anxiety. But it's more

than that. It's grief, deep and profound, and it consumes the soul. The only relief, according to Theresa's special gift she calls Spirit, is to pay more attention to how we experience, ritualize, and recover from the hurt in our lives. Once we name these feelings of grief, recognize the losses for what they are, and create mourning rituals around them, we can move through the pain and begin to heal. It isn't just a good idea to mourn these types of upsets; it's essential, so that we can then enjoy a fresh beginning.

**Here & Hereafter** - Tyler Henry 2022-03-29  
From Tyler Henry, celebrated medium, comes the ultimate self-help guide detailing the insights the departed have communicated about how to live our best, most meaningful lives. Do you want to live more meaningfully, and in turn fulfill your life's potential? Do you want to have the capability to transform your life and make it infinitely better, by paying attention to what those who have lived and died have come to understand about the meaning of life itself? As

one of the world's most accomplished mediums, Tyler Henry has had thousands of communications with those who've already gone through humanity's final frontier: physical death. The life lessons he's learned from those conversations have been truly transformative. In *Here & Hereafter* Tyler explains that by listening and learning from the departed, following their guidance, and paying attention to what they might have done differently, we can get more fulfillment and purpose from our own lives. *Here & Hereafter* will shed light on the most powerful understandings Tyler has gained from modern day mediumship—and explain how those understandings can lead us to live a more meaningful life.

**Between Two Worlds** - Tyler Henry 2016-11  
From Tyler Henry, a twenty-year-old clairvoyant and star of E!'s hit reality series *Hollywood Medium with Tyler Henry*, comes *Between Two Worlds*, a memoir about his journey as a medium thus far. "Dying doesn't mean having to say

goodbye." Tyler Henry discovered his gift for communicating with the departed when he was just ten years old. After experiencing a sudden, accurate premonition of his grandmother's death—what Tyler would later describe as his first experience of "knowingness"—life would never be the same. Now in his twenties, Tyler is a renowned, practicing medium, star of the smash hit E! reality show, *Hollywood Medium with Tyler Henry*, and go-to clairvoyant of celebrities, VIP's, and those simply looking for closure and healing. He has worked with some of Hollywood's biggest names including Khloe Kardashian, Amber Rose, Margaret Cho, Jaime Pressly, and Monica Potter. Despite struggling to accept his rare talent, Tyler grew to embrace it, and finally found the courage to share it with—and ultimately change—the world. For the first time, Tyler pulls back the curtain on living life as a medium in his first memoir, in which he fearlessly opens up about discovering his gift as an adolescent, what it's truly like to

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communicate with those who have passed, the power of symbolism in his readings, and the lessons we can learn from our departed loved ones. With unparalleled honesty, Tyler discusses how his complex and fascinating gift has changed his perception of the afterlife, and more importantly, how readings can impact our relationships with our closest friends and family once they're gone.

*There's More to Life Than This* - Theresa Caputo  
2014-09-09

Blending together personal stories, anecdotes, and client readings, the star of TLC's "Long Island Medium" shares her world and her gift of communicating with those who have crossed over to the other side.

*I Wasn't Ready to Say Goodbye* - Brook Noel  
2008

The grief books that just "gets it." Each year about eight million Americans suffer the unexpected death of a loved one. For those who face the challenges of sudden death, the classic

guide *I Wasn't Ready to Say Goodbye* offers a comforting hand to hold, written by two authors who have experienced it firsthand. Acting as a touchstone of sanity through difficult times, this book covers such difficult topics as: The first few weeks Suicide Death of a Child Children and Grief Funerals and Rituals Physical effects Homicide Depression Featured on ABC World News, Fox and Friends and many other shows, this book has offered solace to over eight thousand people, ranging from seniors to teenagers and from the newly bereaved those who lost a loved one years ago. An exploration of unexpected death and its role in the cycle of live, *I Wasn't Ready to Say Goodbye* provides survivors with a rock-steady anchor from which to weather the storm of pain and begin to rebuild their lives. Praise for *I Wasn't Ready to Say Goodbye*: "I highly recommend this book, not only to the bereaved, but to friends and counselors as well."-- Helen Fitzgerald, author of *The Grieving Child*, *The Mourning Handbook*,

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and *The Grieving Teen* "This book, by women who have done their homework on grief... can hold a hand and comfort a soul through grief's wilderness. Outstanding references of where to see other help."-- George C. Kandle, Pastoral Psychologist "Finally, you have found a friend who can not only explain what has just occurred, but can take you by the hand and lead you to a place of healing and personal growth...this guide can help you survive and cope, but even more importantly... heal."-- The Rebecca Review "For those dealing with the loss of a loved one, or for those who want to help someone who is, this is a highly recommended read."--Midwest Book Review

### **Your Soul Purpose** - Kim Russo 2019-04-02

Discover your soul purpose by harnessing your own energy and accessing the world beyond in this expert guide from the world-famous psychic medium and author of *The Happy Medium*. Everyone on earth has a purpose for being here, but it can be difficult to discover. Luckily, each

of us has a guru residing inside—a spiritual guide to lead us on the path to fulfillment. As “*The Happy Medium*,” Kim has reached beyond the realms of the known. Her gift allows her to see what many of us cannot: that the world is filled with distractions and barriers that can derail us from living our lives with meaning and purpose. By explaining spiritual laws—including divine oneness, balance, vibration, and resistance—and providing practical, illuminating exercises, Kim unlocks our spiritual toolbox to help us reframe our world. Wise and compassionate, Kim teaches us how to embrace love, reject fear, and rid ourselves of negativity bias, through a series of helpful quizzes and assignments that make it easy to discover who we are. *Your Soul Purpose* will empower readers to recognize love, leave their fear and egos at the door, and use the spiritual tools they already possess to fulfill their destiny.

### *Good Grief* - Theresa Caputo 2017-03-14

Theresa Caputo, the star of TLC's *Long Island*

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Medium and New York Times bestselling author, provides a guide to overcoming grief, filled with inspiring lessons from Spirit and astonishing stories from the clients who have been empowered and healed by her spiritual readings. After more than a decade of being a practicing medium, Theresa Caputo shares the powerful lessons she has learned about grief, healing, and finding happiness in the wake of tragedy. In almost every reading she gives, Spirit insists that people begin to embrace their lives again. But not everyone knows where to start, and putting back together the pieces of a life marked by loss is never easy. Sometimes, you need spiritual guidance—and that's where Theresa comes in. With her energetic, positive, and encouraging tone, Theresa uses the lessons from Spirit to guide you through grief toward a place of solace and healing. Each lesson is grounded in her clients' experiences of losing loved ones, their encounters with Spirit during readings, and the ways in which they've been able to heal

and grow. Each chapter is filled with activities to help you find your "new normal"—including journaling, individual and group exercises, meditations, and moments of reflection—based on the truths that Theresa has gathered from Spirit. Good Grief—"an excellent resource for those who wish to be in communication with deceased loved ones" (Library Journal)—will help you to feel stronger and more optimistic about what the future has in store for you.

Great Loss, Greater Love - Paula Meyer  
2021-03-16

Grief doesn't discriminate between losses. It doesn't care how big or small, it arrives regardless. Yet even amidst devastation, there's hope for a brighter future. Journey with Paula through the art of navigating grief. - Unpack your sadness so new opportunities appear- Open your heart and feel joy again- Act intentionally now, stop waiting for time- Discover grief's gifts and find your pearl! "If you are experiencing loss, this is a MUST READ. It stirs you up from the

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inside out and invites you to shift perspectives. Through Paula's vulnerable journey of the death of her love, Gary, she shares her experience of surviving his loss, and learning how to thrive... hour by hour, day by day. The insights gleaned from their lives and how Paula entwines Gary's words throughout, makes you feel you know them and that you too can heal from intense pain. Truly an example of LOVE expressed."- Sunny Dawn Johnston, Psychic Medium, Best-selling Author of The Love Never Ends"Grieving

losses, large and small, are part of life. How we grieve determines the quality of our life. In this poignant tale of loss, Paula shares her heart and soul and reminds us there are always gifts within grief if we wish to see them. She weaves wisdom and warmth into the fabric of every page, and lovingly wraps the reader in a blanket of hope and courage. You will never quite look at loss the same way again."-Gina Hatzis, Speaker, Author, Too Much Woman Movement Founder

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