

Grieving to Healing



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Reviews

This pdf is very gripping and fascinating. We have read and that i am certain that i am going to going to read once more again in the future. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Burnice Cronin)

GRIEVING TO HEALING

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Authorspress, 2018. Soft cover. Condition: New. 1st Edition. When death snatches away your spouse, your world crumbles. Suddenly, your vision is blurred, much like the torrential rains hitting the windscreen of a car, on a speeding highway. You need powerful wipers and some sunshine to get back into normal gear. The book, *Grieving to Healing* is a sensitive and a heart-tugging narrative. Scripted in prose and poetry it portrays the sense of colossal loss the author, Vinita Deshmukh has faced, after her beloved husband of 38 years passed away due to sudden cardiac arrest. The tragic incident occurred, within minutes of both of them sitting on a bench, on 19th January, 2017, after their evening walk together, atop a hill. Vinita pours out her raw emotions depicting the intensity of love and the spirited life she shared with her husband all these years and post his death, through 33 poems and a prose narrative comprising 10 chapters. The book portrays how one need not feel guilty of grieving for your loved one as this in itself leads to healing. Though autobiographical in nature, the book provides useful tips on how to go about the healing process after losing a loved one. It is a heart-wrenching as well as a heart-warming book for each one of us who has lost his or her dearest one, be it spouse, any other family member or a friend. (jacket).

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