



Don't Let Death Ruin Your Life: A Practical Guide to Reclaiming Happiness after the Death of a Loved One

Jill Brooke

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In her unique guide, Jill Brooke reveals how to cope with grief and turn this time of sadness into an opportunity for positive change and growth. Although they are no longer physically with us, we can keep our loved ones emotionally and spiritually close by incorporating their memories into our daily lives. As we draw comfort from their sustaining presence, we can have a positive impact on those around us. Recent research shows that the trauma of loss can stimulate creativity which leads to new opportunities for happiness and success. Katie Couric and Rosie O'Donnell are just a few people in this book who have coped with loss in unique and special ways. Including tips on how to preserve our memories, create lasting family histories, and reach out to others, *Don't Let Death Ruin Your Life* shows how the experience of grieving helps us to heal, learn, and grow. Filled with gentle guidance and practical advice, this indispensable handbook takes readers on a journey that will motivate, inspire, and transform their lives. "Should be on everyone's bookshelf . . . Charts a survival course with dignity and hope." (*The New York Post*)

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