



## Winter of the Heart: Finding Your Way through the Mystery of Grief (Paperback)

By Paul D Arcy

Ave Maria Press, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. In Winter of the Heart, retreat leader, former psychotherapist, and bestselling author Paula D Arcy shares her life s work, accompanying you through seasons of grief and the emotions that come with the loss of a loved one or after other major changes in life. Winter of the Heart is a companion for anyone early in grieving process-for the person experiencing shock, emotional pain, an inability to move, guilt, intense anger, and a range of other emotions that might be new to you. D Arcy lost her young husband and toddler in a violent car accident more than four decades ago. She understands your grief and can also help you look to what s on the other side-hope, acceptance, recognition that what you are experiencing is both common and unique, and the essential counsel that you need not ever get over it. Winter of the Heart is for those who mourn the death of a loved one, but it is also for counselors and pastoral ministers. You ll find D Arcy s words relevant for other occasions when mourning can be painful, including the end...

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### Reviews

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