



# Awakening From Grief

*John E. Welshons*

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## **Awakening From Grief** John E. Welshons

In this remarkable book, John Welshons weaves together his own personal awakening with those of others he's counseled to create a deeply felt and beautifully expressed primer on dealing with grief. Grieving, says Welshons, offers a unique opportunity to develop deeper and fuller life experiences, to embrace pain in order to open the heart to joy. Written for those who have experienced any kind of loss — death, divorce, or disappointment — this book offers reasonable, reassuring thinking on dealing with the death of loved ones and ourselves, finding the inner gifts that promote healing, and much more. Awakening from Grief takes a rare and compelling positive look at a subject needlessly viewed as one of the most negative in life. This is a persuasive primer on drawing the joy out of grief.

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