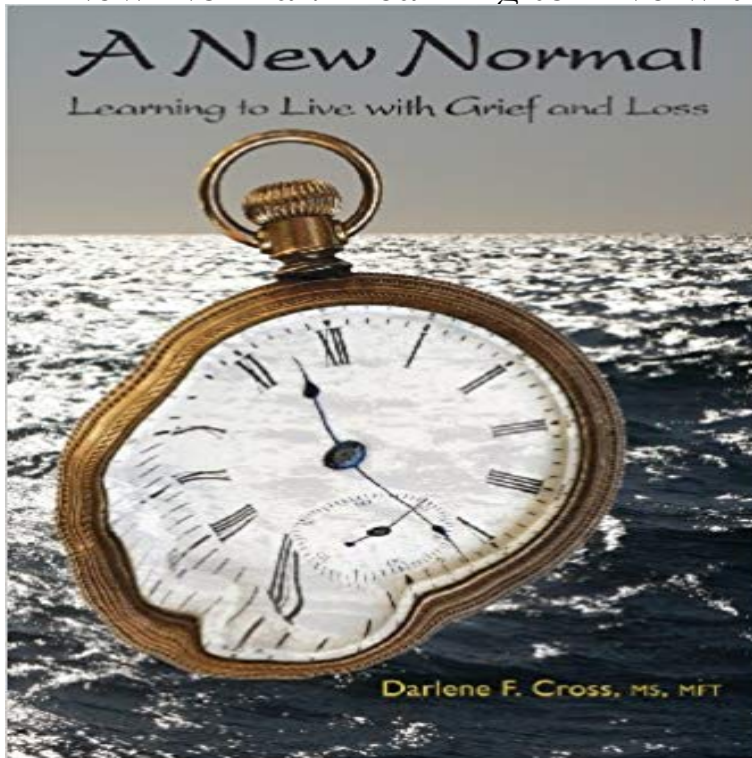


A New Normal: Learning to Live with Grief and Loss



Everyone experiences loss. The pain of loss—whether it is the loss of a friend or loved one, the loss of a relationship, the loss of a job, or the loss of youth or health—can bring disabling feelings of helplessness, despair, numbness, and disorientation to almost anyone. *A New Normal* invites you behind the closed doors of private counseling, where grief and loss have long been the focus of healing. Whether you or a loved one are dealing with loss through death, loss of a relationship, loss of a job, or the loss of youth or health, this book offers understanding and hope. Here is a clear, proven road map to life after loss, the road to each reader's own New Normal.

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