



Grieving with Hope: Finding Comfort as You Journey through Loss

Samuel J Hodges IV, Kathy Leonard

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Grief does not follow neatly outlined stages. When you're going through it, it feels like it will never end. You jump back and forth between different emotions, sometimes wrestling with many at the same time. But the good news is that peace is possible, even amid the heartache and pain.

Practical and straightforward, yet warm and compassionate, *Grieving with Hope* is packed with short, gospel-centered, topical chapters addressing the issues grieving people face but are often hesitant to mention to others. Life is never the same after you lose someone. But this honest and hope-filled book can help you grieve in a healthy way that leads to ultimate healing.

"*Grieving with Hope* is simply profound. The toughest questions are answered simply enough for deeply grieved individuals to grasp the hope that is offered."--**Julie Ziglar Norman**, speaker, co-author, *Embrace the Struggle: Living Life on Life's Terms*

"This book is an easy read that provides biblically based practical suggestions from real grieverers that generate a hopeful spirit for the grief journey."--**Susan Zonnebelt-Smeenge and Robert DeVries**, coauthors, *From We to Me* and *Traveling through Grief*

"A beautifully and clearly written book that is full of realistic, biblical counsel."--**Rev. Siang-Yang Tan, PhD**, author, *Counseling and Psychotherapy: A Christian Perspective*

"This book is a heartfelt expression of the myriad of emotions and challenges that invade the life of those who have lost a loved one. You will read authentic accounts from people who have experienced that loss themselves and offer real help and comfort."--**Lois Rabey**, author, *When Your Soul Aches*

Review

"I wish I had this book two years ago. When my mother-in-law died of cancer at the age of 59, our family entered into a profound experience of deep grief. . . . I believe that if we had *Grieving with Hope* in our hands then, it would have helped us to better navigate the treacherous waters of loss. *Grieving with Hope* had me at the very first page when the authors said, 'You are to be commended for using the precious little energy you have to read this book, because if you're grieving the death of a loved one or friend, you may feel you cannot go on. Picking up a book to find strength is like trying to move your car from your garage to your driveway--by lifting it' (p. 7).

The authors genuinely understand the experience of grief--what it feels like, how it operates, what it is--and they speak directly and compassionately to people who are going through it right now. . . . [*Grieving with Hope*] has sixteen chapters . . . full of simple, clear, do-able advice. . . . My biggest takeaway from *Grieving with Hope*, which is still bearing fruit in our ongoing grief, is the insight that grief is an expression of love. The authors quote Zig Ziglar: 'Grief is the recognition that you've lost someone you love. It's the price you

pay for loving someone, because if there were no love, there'd be no grief' (p. 19)."--**Matt Mitchell, The Biblical Counseling Coalition**

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Elizabeth Ramsey:

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