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Eva Terhorst

Life Will Be Brighter Again

The special journal for times of grief

ISBN: 978-3-8436-0866-4

Patmos Verlag

Hardcover

186 pages

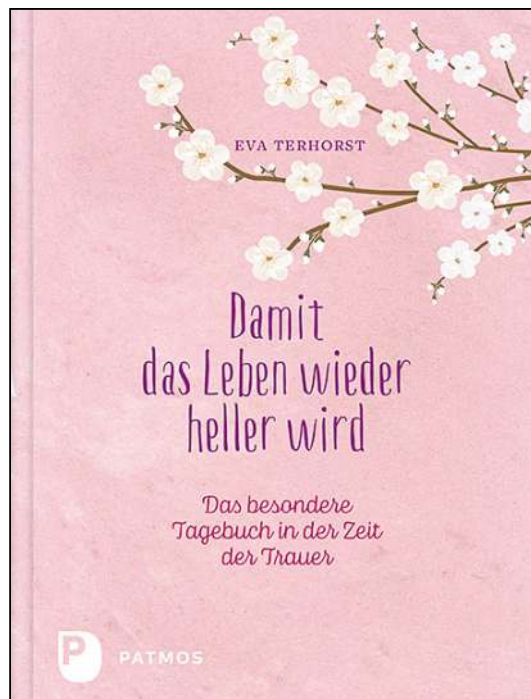
Format 16 x 21 cm

EUR 16

- Concrete, practical help in times of grief
- Help finding a new ordinary after a loss
- Provides strength to overcome the loss, a little at a time

For many people in mourning, nothing is the same after the loss of a loved one. Daily routines are completely different, but at the same time, life just marches on. In this phase it is often incredibly difficult to cope with ordinary tasks of life.

This grief journal is a guide that leads and accompanies anyone who has suffered a loss. It offers structure for every single day, and makes it easier to rediscover your emotions and be more mindful of the complicated situation you are in. This book encourages people to get through the period of mourning, and to put those experiences to positive use as your own life continues.



About the author

Eva Terhorst became grief counselor after her mother committed suicide when she was 15 years old and when her partner died from cancer when she was 40. She lives and works in Berlin.

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