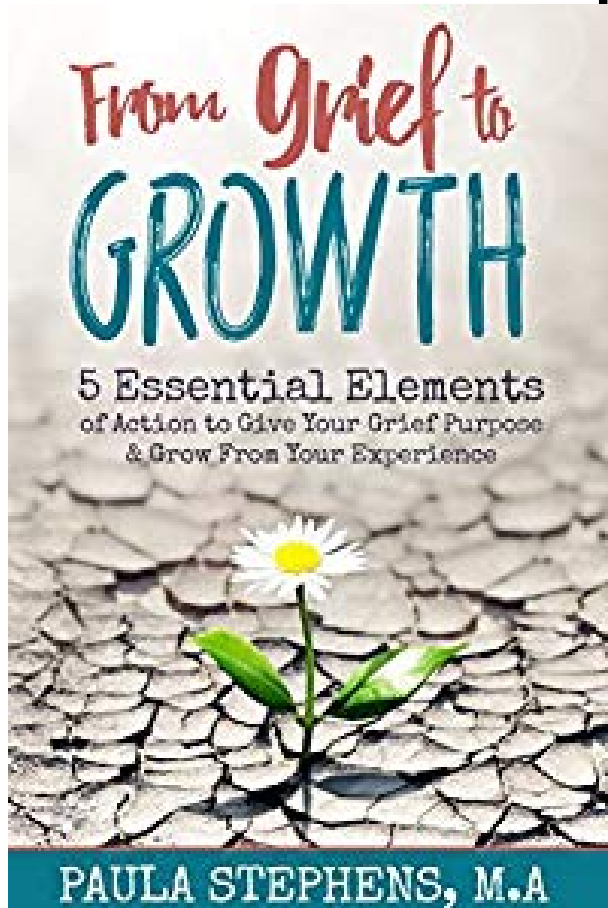


# From Grief to Growth: 5 Essential Elements of Action to Give Grief Purpose and Grow from Your Experience.



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[From Grief to Growth: 5 Essential Elements of Action to Give Grief Purpose and Grow from Your Experience..epub](#)

Do you feel stuck in your life after the loss of a loved one? Does it feel like you're just going through the motions and have given up on ever feeling genuine joy and happiness again? In *From Grief to Growth* Paula Stephens, will lead you through the five game changing elements that will give you a road map to a joyful life after loss. Paula tells you how she went from hiding in the shadow of her son's death to living in the sunshine of his life. With humor and wit, she shares her the stories of the death of her father, her middle son's drug rehab, and her own struggles to heal. Through her practical tips and examples of how others have healed she lights the way for anyone wanting to find the sunshine after the loss of a loved one. This book will help you discover:

- How to identify what's keeping you from a happy life after loss
- Why you can't only rely on friends and family for support and who you need to add to your support system
- What it means to give your grief a purpose and how that heals you
- How to hold both grief and joy in the same moments - without guilt

You still have one wild and precious life to live. If you are still hiding in the shadow of your loved one's life this book will show you how to step into the sunshine and let the memory of your loved one shine bright!