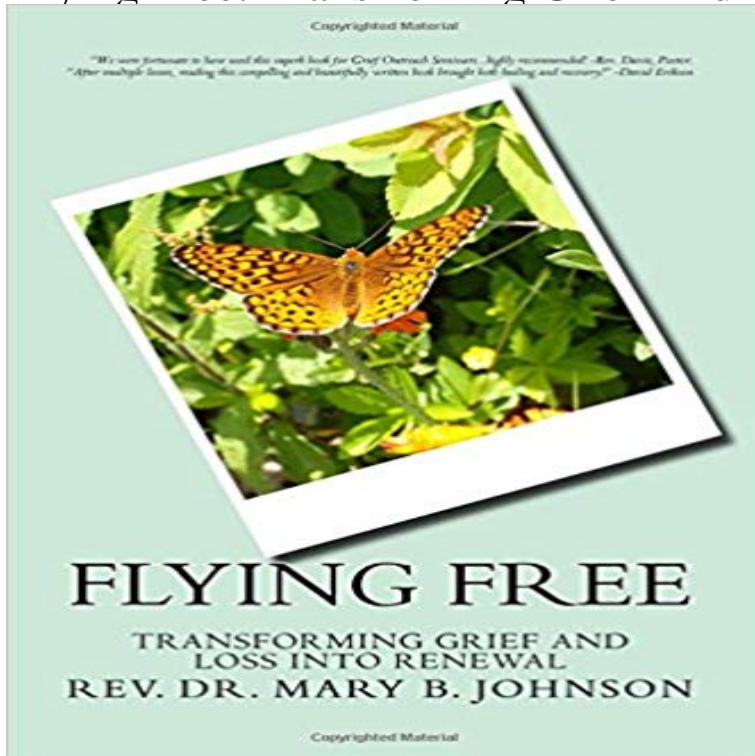


Flying Free: Transforming Grief And Loss Into Renewal



I can't recommend this beautifully written book enough! We were fortunate to have access to its contents at a time of great need & later utilized it for outreach seminars. It has brought healing to many and transformed broken lives into wholeness. -Pastor Davis, M.Div. After multiple losses, Flying Free brought clarity in confusion and hope in despair. A real life-saver!-David Erikson This treasure of a book by Dr. Mary Johnson offers invaluable practical guidance on transforming grief and loss into renewal. Written from the heart by an experienced clinical counselor, pastor, and psychotherapist, It comprehensively covers ways to heal emotions, body, mind, spirit, and soul after traumas of loss and grief. Flying Free: Transforming Grief And Loss Into Renewal brings both healing and hope in times of loss and bereavement. It also offers proven recovery methods from large varieties of loss including not only death of those we love but also offers successful ways to heal from divorce, separation, unemployment, loss of health, etc. If you have ever experienced a significant loss, this book is a must read! It provides practical perspectives that bring healing, understanding, comfort, recovery, and transformation but also includes nitty-gritty experiential reality and effective academic approaches. While written from a Christian perspective, viewpoints of other faith systems are presented with respect and appreciation. Specific ways and vital steps to achieve Healing and Recovery from the most devastating losses are comprehensively addressed in detail including: Loss of relationships, health challenges, unemployment, divorce, Death of spouse, children, parents, siblings, pets, friends, Death of our beloved by suicide, violence, war, including MIAs, Reducing the Stress of Loss, Healing from Complicated Bereavement including

Anxiety, PTSD, Panic Attacks, etc
Stages of Grief Recovery
Effective Spiritual Supports
Healthy and Unhealthy Religion
Overcoming Guilt, depression, anger, confusion, despair
Creative Therapeutic Activities
Transformation, Metamorphosis, Heaven, Afterlife, Resurrection
Moving On with our lives
Flying Free is an invaluable resource for personal or public libraries. It additionally offers an integrated workbook with Study Guide and reflective questions provided after each chapter. Grief Support Group materials, original illustrations, charts, diagrams, massive Annotated Bibliography, and Index are also provided. It is packed with extensive information, diverse practical resources, and addresses multitudes of vital issues usually ignored in most books about grief/loss and bereavement. This impressive work is not only a bargain but excellent practical resource for care givers, counselors, pastors, teachers, therapists, and all who have experienced loss. Information and topics addressed are so thorough it would take multiple books on grief recovery to even begin to cover the comprehensive materiel included. Flying Free is a real pioneer work in the field of Healing from Grief. Highly recommended!

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