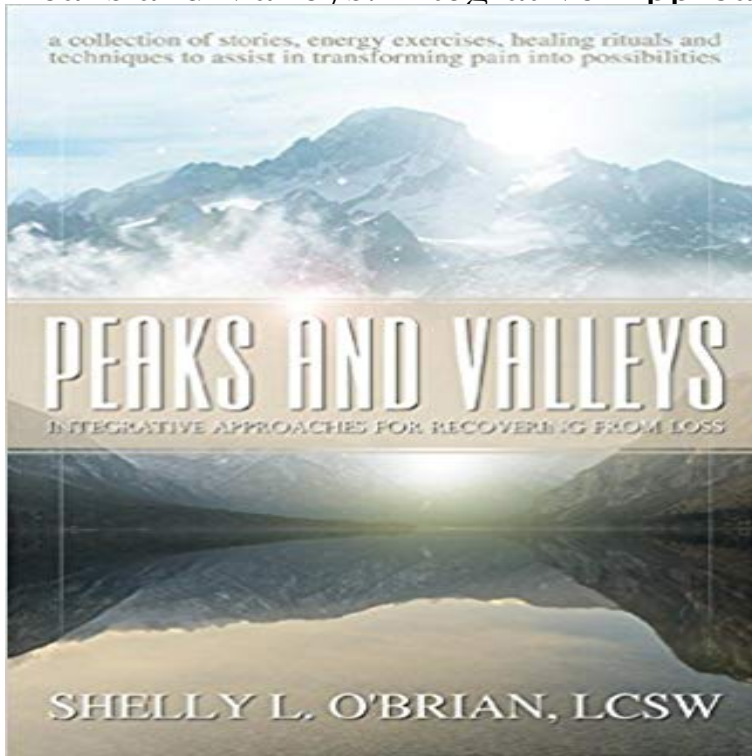


Peaks and Valleys: Integrative Approaches for Recovering from Loss



Many losses go unrecognized or are subtle. Some are life-changing. Whether it is the loss of a loved one, a relationship, or a job, the energy of grief often weighs heavily upon our hearts. These losses can accumulate and make it difficult for us to enjoy life. This book provides readers with powerful tools to transform and recover from any kind of loss and reawaken to the possibility of joy in their lives. Are you having difficulty moving forward after a significant loss? Are you searching for meaning and purpose in your life? Have you lost your sense of self or identity as a result of a significant loss? The powerful tools and techniques shared in this book will teach you how to: triumph over tragedy transform your pain mend a broken heart recover from trauma move forward

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