



Stumbling Stones: A Path Through Grief, Love and Loss

By Airdre Grant

Bolinda Audio, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. A rare, wise, and important book that explores a subject we talk very rarely about death and loss. Through touching stories and meaningful personal journeys, Stumbling Stones examines what grief is and how we can come to live with and understand it. Stumbling Stones is a collection of stories, case studies, and strategies that aim to help people traverse the landscape of loss and grief and to provide support through these painful transitions. With a tone of wisdom and wry, hard-won understanding, Stumbling Stones draws on literature, poetry, stories, observations and reflections to offer navigation through the unavoidable losses in life and to learn to look forward to a peaceful, happier time. Not all loss is about death loss can mean the loss of vitality, health, a partner, a pet, dreams, loss of a relationship, or children leaving home. Disappointment is a also key element of grief. This is a much under-recognised emotion that can govern how a person operates in the world. Airdre Grant addresses all these elements and offers suggestions for how we manage these times, how we survive, and how we develop resilience and understanding.

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