



Life After Grief: Choosing the Path to Healing

Rebecca Hayford Bauer

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Life After Grief: Choosing the Path to Healing Rebecca Hayford Bauer

When you experience a loss that changes everything, grief is only the beginning. Mourning for the life you once knew is a long and important process--but where do you go from there? Rebecca Hayford Bauer's loss was the death of her husband in 2003, but we all face loss of one kind or another. In *Life After Grief*, she shares her personal story of loss, grief and healing, and invites you to walk with her into the hope and uncertainty of new life. Each chapter asks one important question every grieving person faces on the road to healing, such as:

- How do I view God?
- Will I still trust?
- Who am I now?
- Who are my friends?
- Will I dream again?

Your life will never be the same . . . but there is still life to be lived. You can learn to live your new normal, grasping God's hand for dear life and trusting Him to guide you into the future.

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