Death and grief are such complicated things to navigate. Where do we find the answers to the unknown? It just so happens that there are many scriptures within the Bible that offer comfort and peace during the pain. Join us on the blog #milkandhoneyfaith #grief #sorrow #hope. Christian Bloggers Christian Inspiration Faith Grief Support Christian Life Christian Faith Grieve Bring It On Joy. 10 Ways to Bring Joy to Someone Who is Grieving | Lori Schumaker. Help-to-cope-with-grief-and-sorrow-finding-healing-in-God, scripture for dealing with grief, hope for the grieving, help for those in sorrow, death of a loved one, miscarriage, broken marriage, loss of a dream, sowing tears, bible study on hope and healing, loss and sorrow, traveling through the valley of despair. Whether the death of a loved one is sudden or follows a long battle with illness, there is no way to prepare for the loss of someone close. However, you do have a choice in how you cope with grief and — most importantly — finding the strength to grow through the pain of your loss. Grief counseling expert Dr. Louis LaGrand offers 101 pieces of practical, accessible advice to help mourners through the rough sea of their loss, including: Starting each day with an affirmative action. Establishing a grief or worry time. Planning in advance for birthdays, anniversaries, and important holidays. Learn Healing Grief, Finding Peace book. Read 12 reviews from the world's largest community for readers. A grief book that offers 101 pieces of practical advice on grief and healing. There is no way to prepare for the loss of someone close. However, you do have a choice in coping with the death of a loved one and — most importantly — finding the strength to grow through the pain of your loss. In his book on grief and the loss of a spouse or another loved one, grief counseling A grief book that offers 101 pieces of practical advice on grief and healing. There is no way to prepare for the loss of someone close. However, you do have a choice in coping with the death of a loved one and - - most importantly — finding the strength to grow through the pain of your loss. "LaGrand's coping strategies...serve as building blocks for eventual healing. This book is particularly useful because readers can pick and choose techniques that are comfortable to them." - Library Journal. It also mentions that your loved one is on 'the other side' and how they can hear you. I find that this book brings comfort to people who have dealt with a loss. A++++!!! Read more. Healing Grief, Finding Peace. 101 Ways to Cope with the Death of Your Loved One.Â Book Description: "Dr. LaGrand's advice and recommendations reach from and to both heart and head a powerful and important lesson about grief A– that even in grief, we can still grow." Â– Kenneth J. Doka, PhD, senior consultant, Hospice Foundation of America. Through Your Loss Comes The Strength to Grow. Whether the death of a loved one is sudden or follows a long battle with illness, there is no way to prepare for the loss of someone close. Grieving is painful, but you have a choice in how you cope with grief and A– most importantly Â– how you adapt to the intense loss you've experienced.