



# **Grieving with Your Whole Heart: Spiritual Wisdom and Practice for Finding Comfort, Hope and Healing After Loss**

*SkyLight Paths, Thomas Moore*

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This soulful companion for grief offers wisdom and creative spiritual practices from across faith traditions for walking with sorrow and honoring loss. Whether you need to grieve in words or silence, in solitude or in company with others, this compassionate guide will help you find wholeness and a renewed vision of yourself and the world.

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