

A devotional book
on coping with
loss and grief



HEAL WITH H AS GOES

WHO CAN BENEFIT?

Anyone who has lost someone or something greatly dear to them can benefit from this book. Particularly, if you're a person who greatly believes in God and needs His words to comfort you, you may find this book very helpful. This is recommendable to people of all ages who are grieving.

BENEFITS IN USING THE DEVOTIONAL BOOK

Because bereavement is very overwhelming, you can attain a sense of peace from reading the verses on healing from loss as well as hearing from the personal insights of someone who understands what you're going through. This book validates your feelings and emotions, and with this book, you can feel that you're not alone in your grief and that it's alright to feel not okay. Given that you can write your memories about your loved one and how you are dealing with your grief, you can also honor how they impacted your life and memorialize how important they were to you.