



The Tao of Loss and Grief

Pamela Metz

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The Tao of Loss and Grief provides the reader with a gentle philosophy of life and living based upon Lao Tzu's classic Tao Te Ching. The Tao of grieving acknowledges the mysteries of life and its many difficulties and surprises. Loss and the responding emotional response of grief are part of the mysterious whole of life. In this experience are also hope, love, forgiveness, and recovery from the loss. The book is written to be read from the beginning to end and/or to be read by selecting chapters from the Table of Contents. Opening it at random is another way to trust in the gentle words of guidance so helpful in the journeys of loss and grief. Reading the book at various times during the grieving process may help the reader see some progress through the experiences of grieving. The Tao of Loss and Grief provides a helpful and timeless approach to these hurtful emotions which can sometimes be the most difficult to deal with.

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