



Living with Loss: One Day at a Time

Rachel Blythe Kodanaz

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"I am so glad that Rachel wrote this book so she can continue to help more people live with loss. She has a special gift for imparting small and manageable ideas that can profoundly impact someone grieving. Loss is never easy, but Rachel's words and wisdom can help make the journey a bit more bearable and perhaps even more meaningful."—Sharon Liese, from the foreword

Living with Loss offers daily encouragement to individuals and families who have recently lost a loved one. The short entries are easy to read and give realistic, practical advice to guide readers through the day. By providing tools and suggestions that offer hope, optimism, introspection, and self-discovery, this book enables readers to embrace the happy days of life with their loved one and gently guide them through their grief.

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