



The Gifts of Grief: Finding Light in the Darkness of Loss

Therese Tappouni

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At some point in our lives, we all experience grief:

The death of a loved one, a financial catastrophe, a debilitating illness, or the ending of a marriage. In the dark moments that follow these losses, life can seem hopeless and unbearable.

Author Therèse Tappouni knows this journey all too well.

After suffering the devastating loss of her eleven-year-old son, she ultimately came to the realization that it is possible to not only heal from grief, but to find gifts from the deepest places of despair.

The Gifts of Grief: Finding the Light in the Darkness of Loss explores the grieving process and examines new ways to heal from the inside out. Couched in Tappouni's warm and comforting prose, and steeped in examples from her own experiences with deep loss, Therèse is able to walk the reader through the grieving process, while keeping in mind that the journey will be different for every person.

Complete with guided audio meditations and journaling exercises, *The Gifts of Grief* offers a compassionate path from loss and emptiness into wholeness, teaching not only how to survive grief, but also adapt and evolve new blessings from it as well.

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