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Geography of Loss: Embrace What Is, Honor What Was, Love What Will Be

Patti Digh

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This extraordinary book is borne of loss: the loss of love, of certainty and assuredness, of knowing where we are or who we are, of beauty and youth, of health, of life itself, of privacy, and of roles and of knowing.

When someone or something we love leaves us, we suddenly walk alone into new territory without them. We become strangers in new lands, places where the landscape is unalterably changed, where the center of gravity has somehow faltered and become weak, making us feel as if we might fall off the surface of the earth. Sometimes, that moment of loss defines the rest of our lives, becoming a center to our compass forever. This unique book is a guidebook, an atlas of those experiences of loss and grief, a map for living through and into change and impermanence, to moving on anew. You are the navigator through the three main sections:

Embrace what is: walk into your new landscape
Honor what was: be grateful for your old landscape
Love what will be: live into your future landscape
Illustrated throughout with art submitted from around the world, this book is an atlas of experience, utilizing map imagery and the richly metaphoric, evocative, and functional language of geography to help you place yourself on your own journey, to find your way through helpful exercises and an empathetic, expert guide.

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Wanda Mason:

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Richard Byrnes:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their free time with their family, or all their friends. Usually they performing activity like watching television, gonna beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? May be reading a book can be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the guide untitled Geography of Loss: Embrace What Is, Honor What Was, Love What Will Be can be good book to read. May be it can be best activity to you.

Keith Mayo:

Playing with family in a very park, coming to see the sea world or hanging out with close friends is thing that usually you may have done when you have spare time, after that why you don't try point that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Geography of Loss: Embrace What Is, Honor What Was, Love What Will Be, it is possible to enjoy both. It is good combination right, you still want to miss it? What kind of hang type is it? Oh can happen its mind hangout folks. What? Still don't understand it, oh come on its referred to as reading friends.

Sandra Easley:

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