



# Recovering from Losses in Life

*H. Norman Wright*

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## **Recovering from Losses in Life** H. Norman Wright

You can make it through

Life is marked by losses. Some are life changing, such as leaving home, the effects of natural disasters or war, the death of a loved one, or divorce. Others are subtle, like changing jobs, moving, or a broken friendship. But whether you encounter family, personal, or community disaster, there is always potential for change, growth, and new insight.

Writing from his own experience and expertise, certified trauma expert and best-selling author H. Norman Wright shows you how to work through loss and come out a stronger person on the other side. He tackles tough issues like the meaning of grief, blaming God, and learning how to express yourself and share your pain in times of loss.

Whether you've gone through a great tragedy or are just trying to deal with the small sorrows in life, this book can help you resist the pull toward despair and start on the road back to joy.

**H. Norman Wright** is a bestselling author, a certified trauma specialist, and a licensed marriage, family, and child therapist. He lives in California.

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