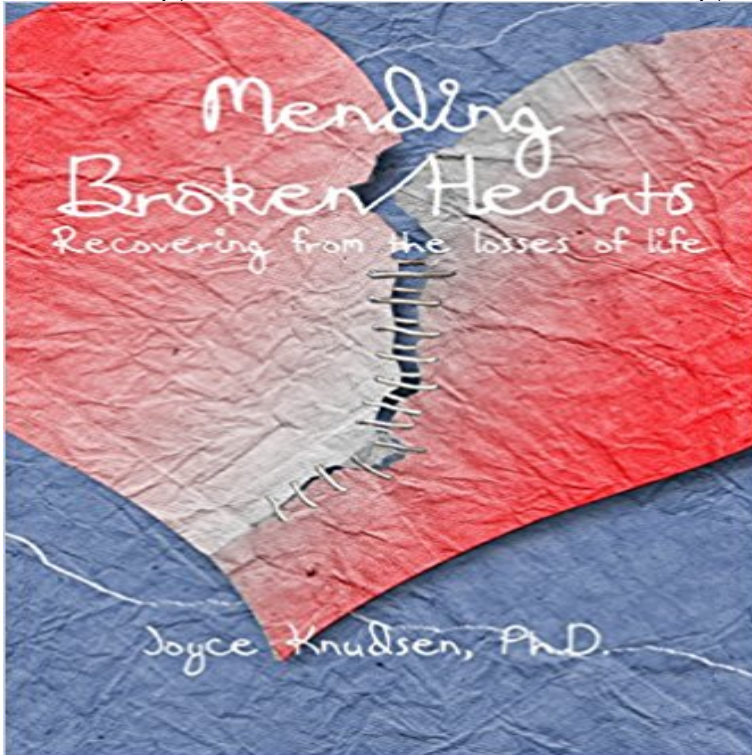


## Mending Broken Hearts: Recovering From the Losses of Life



As a hospice volunteer, I have had the privilege of sitting with patients who are dying and am struck by the intimate and meaningful conversations we've had. Often we talk about the fear they might experience in facing their imminent death. Always we reflect on their lives—what they accomplished, who they were in the world, how they will be remembered. One of my goals focuses on helping them leave their legacy in some way, be it an oral history, an ethical will, a loving letter, etc. Most importantly, what surfaces for me from the experience of being with people at the end of their lives is the importance of exploring the life lessons I've learned. Reflecting on how the person lived and the legacy he/she left behind helps me to look within. Some questions I find myself asking are: Am I leading a meaningful life that matters? Is my life filled with love? How can I best spend the days I have left on this earth? What do I want to leave behind? What will my own legacy be? *Mending Broken Hearts* delves into the different ways we mourn and the personal stories of love and loss. I highly recommend this book for anyone who is about to lose a loved one or who has already lost someone dear to them.

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[www.merlersaferstein.com](http://www.merlersaferstein.com)

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I want time to set me ugly and knotted with loss of you, marking me. **Mending Broken Hearts - White Bison** No one could have predicted the devastating loss of life incurred on September 11, 2001. God specifically sent Jesus to us, to mend our broken hearts. **Pet Bereavement, helping mend a broken heart** Healing A Broken Heart - Are you shook up with grief from a break-up or loss? Learn helpful tips about mending your soul. **Getting Your Breath Back After Life Knocks It Out of You: A - Google Books Result** **How to Mend a Broken Heart: An emotional, uplifting page turner** How to Mend a Broken Heart: An emotional, uplifting page turner about love, loss and hope eBook: Anna Mansell: A beautiful story about how much we can all impact on each others lives. Ten Birthdays: An emotional, uplifting book about love, loss and hope What other items do customers buy after viewing this item? **The Healer of Our Broken Hearts** Heres expert advice on how you can come through a loss stronger. 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Loss, regardless of its type or intensity, **Healing the Heart - Jack Kornfield** **Life Losses - Healing for a Broken Heart: Janelle Breese Biagioni** A Guided Journal Through the Four Seasons of Relationship Recovery Sarah losses that might otherwise intrude on the life youre trying to live after that loss.