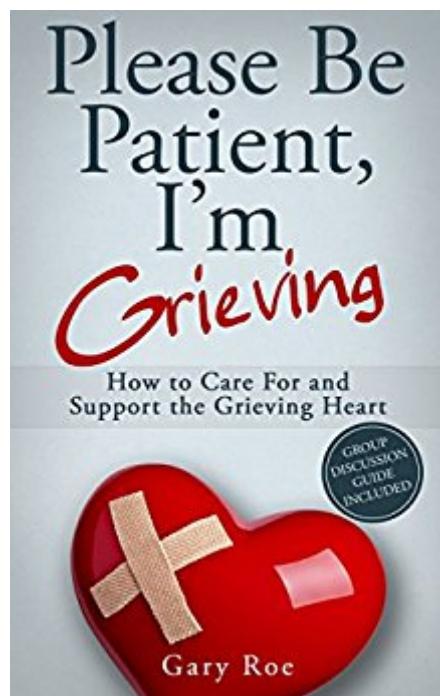


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# Please Be Patient, I'm Grieving: How To Care For And Support The Grieving Heart (Good Grief Series Book 3)



## **Synopsis**

Loss hurts. It's tough to go through, and painful to watch. Do you know someone who's grieving and wish you could help? Are you the one grieving and wonder if what you're going through is normal? Do you wish those around you understood you better? This book has answers. This practical and easy-to-read book provides the answers you need to make a difference - in your own life and in the lives of others. Bestselling author, hospice chaplain, and grief specialist Gary Roe gives you a look at the grieving heart - the thoughts, emotions, and struggles within. If you're wanting to help someone who's grieving, you'll get a glimpse of what's going on inside them and be better able to love and support them. If you're in the midst of grief and loss, you'll see yourself as you read, and be encouraged that you aren't as weird or crazy as you thought. In *Please Be Patient, I'm Grieving*, you will learn: How hurting, grieving people are feeling and thinking. How to discover what they need and don't need. What to say and not to say. How to be a help and not a hindrance in the grieving process. How the grief and pain of others can affect you. How helping others stimulates your own personal growth and healing. How these skills can enhance all your relationships. Healing from loss is challenging. This book can help you develop a priceless ability - how to hear the heart of someone who's hurting. The benefits for them, and for you, can be staggering. Scroll up and grab your copy of this book today. You can make more of a difference than you dreamed possible.

## **Book Information**

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## Customer Reviews

When you are grieving the loss of someone very dear to you, others don't always understand why they can't get over it. • This book offers great insight to what is normal for those that are grieving. This is a valuable resource for everyone who is affected by grief and those that want to help, but not sure what to say or do for you. After the initial loss and sympathy has been expressed, most people will return to their normal routine, while you are left with a mess of tangled emotions. It is vitally important to surround yourself with people who can offer empathy in the days, weeks, months and years that follow the death of your loved one. I wish this book would have been available after the loss of my son. Thank-you Gary Roe, for writing this book so everyone can understand the grieving process and to know that there is no timetable on how long a person grieves.

I have several of Gary's publications. Everything I have read of his is incredible! I downloaded it on my Kindle to go with the other books of his I have. When you lose someone the grief never really goes away. It changes over time so I often re-read Gary's books. Thank you Gary for your personal emails and for your words of wisdom and hope over the past few years!

This is a great little book on grief! It is very hard to read when you are not grieving, but a breath of fresh air if you are. If you are grieving, Gary Roe hits right to the heart of what grieving people need - understanding of what they are going through. If you are dealing with a grieving person, this book tells you exactly how you can help the grieving person. Love it! Very helpful.

This book is a must for anyone grieving or trying to comfort someone who is. The author really understands what grief is all about and gives you realistic advice with caring insight. I had two books that were my favorites on grieving and now have a third! Would definitely recommend this as a huge help in getting through your grief.

One of the best books I've read. As a former City and Trooper Chaplain I wish I would have had this

book in dealing with loved ones in their time of grief. It's a fast read, a needed read and I will buy several to pass out to those in need that I currently am seeing. Thank you Gary for writing how the grieving are feeling.

Up until recently I hadn't lost many people close to me nor did I really know others who had either. So when my dad passed three years ago, I was suddenly thrust into a world that was so unfamiliar. First, I needed to deal with my own grieving. Then I really wanted to be supportive and caring for my mom. This little book would have been so helpful to have at that time. The author, Gary, a hospice chaplain, knows a lot about grief. He is one of those who has been gifted to be there for those who are suffering. His writing rings of truth because he is sharing the words and feelings of real people. Authentic, easy to read, and so hopeful. Even three years after our biggest loss, this book has still been such a help to me and my mom. It's well worth your time to read it.

This is an amazing resource for people who are grieving and for people around them. It's short and easy to read which makes it incredibly practical for people in the whirlwind grief causes. If you've ever wondered how to care for people in grief or how to let people know what you need in grief, this book is for you. It also includes a study guide at the end for small group discussion. It isn't overwhelming (because grief already has you overwhelmed), but provides the information you need to reach out for help and/or to be helpful.

I downloaded this book several weeks ago, but did not immediately read it. After a very sad death in the family I got this out and read it during the drive home for the funeral. The quotes provided from people who are grieving gave a lot of insight into what a grieving heart may be experiencing. There is helpful advice in approaching those who grieve, but I also found it to be healing for my own personal griefs. Maybe reading quotes from others and seeing I am not alone? This book is one to read again.

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