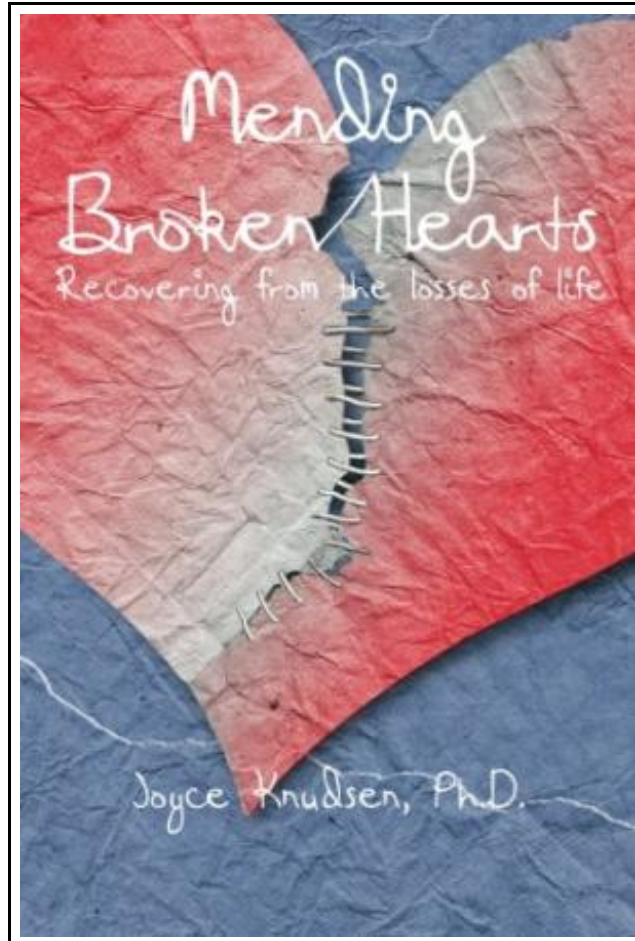


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MENDING BROKEN HEARTS: RECOVERING FROM THE LOSSES OF LIFE (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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. Merle R. Saferstein Living and Leaving Your Legacy facilitator.



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