



## Hidden Grace: Growing Through Loss and Grief

By William L Blevins

Balboa Press, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hidden Grace: Growing through Loss and Grief offers a hopeful model of bereavement for persons experiencing painful losses. Rather than viewing this universal human experience as an illness to be cured or sorrow to be tolerated, Blevins portrays grief as a holistic process that offers the possibility of personal transformation when life is shattered by a significant loss. Blevins draws upon his experience as a mental-health professional and university professor and the traumatic loss of his daughter. He affirms that while grief is agonizing, it is a normal and instinctive human response that can nurture personal growth and wholeness grounded in meditative spirituality. In this way, grief can become both gift and grace in responding to a significant loss, depending upon how one chooses to respond.

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