



Aftermath: Growing in Grace Through Grief

Margaret McSweeney

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Loss is a four-letter word that grips our hearts and gridlocks our lives. Grief can hold us captive until we surrender it to God. How do we find the necessary grace to journey through the mourning process?

Juxtaposed to the outpouring of her mother's (Carolyn Rhea) words about grief, the author shares her parallel journey from the emotional abyss of grief after becoming an adult orphan. With candor, the author shares her own emotions experienced along the spectrum of loss after her parents' deaths: denial, anger, bargaining, depression, and acceptance—adding interactive options for readers. Five sections cover common emotions and provide: Scripture lists, counsel from grief experts, sections with helps and tangible handles on dealing with grief.

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