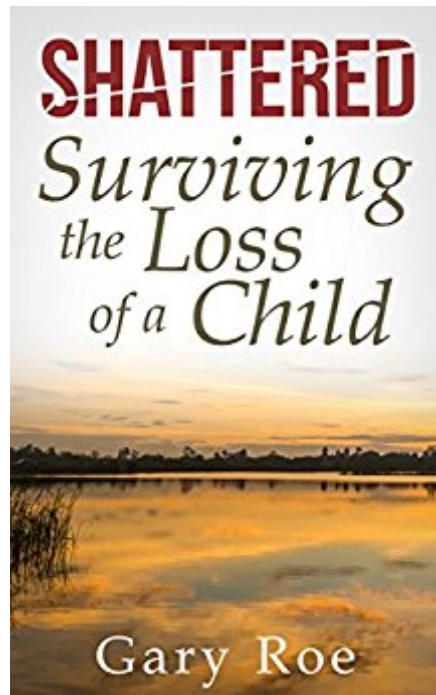




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# Shattered: Surviving The Loss Of A Child (Good Grief Series Book 4)



## Synopsis

Unthinkable. Unbelievable. Heartbreaking. Whatever words we choose, they all fall far short of the reality. The loss of a child is a terrible thing. How do we survive this? Can we? *Shattered: Surviving the Loss of a Child* was written to help. Bestselling author, hospice chaplain, and grief specialist Gary Roe uses his three decades of experience interacting with grieving parents to give us this heartfelt, easy-to-read, and intensely practical book. In *Shattered*, Roe walks the reader through the powerful impact a child's death can have - emotionally, mentally, physically, relationally, and spiritually. Intense, unpredictable emotions can hijack us at a moment's notice. Our minds spin. We forget things. It feels like we're going crazy. Our bodies get hit. Our health can be impacted. Our souls feel crushed, shaking our faith and what we think we believe. Our relationships change. A deep loneliness of the heart can set in. Our plans and dreams are shattered. We're now in uncharted territory. Yes, the loss of a child affects everything. In *Shattered*, you will discover how to:

- Manage the massive changes that are occurring in your life
- Take care of yourself during this process
- Honor your child with your grief
- Love those around you, even with a broken heart
- Live life as well as possible while in the midst of great pain
- Make your child's life count in deep and powerful ways

*Shattered* is not a magic pill. The death of a child cannot be fixed. But comfort, compassion, guidance, and hope can be found in these pages. We will never be the same, but we can survive. And to some degree, we can heal. *Shattered* can help. Open this book, and let the healing continue.

## Book Information

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## Customer Reviews

There is so much compassion in this book! I wish they handed this out for every parent who walks out of the hospital without their child. I love that the chapters are short, as grief is so overwhelming and the mind cannot grasp everything all at once. Very helpful with the questions at the end of each chapter and also the suggestions to do things to help you heal. In reading the book, it felt like a warm comforting blanket was being placed over my heart, which was Shattered when our son died 2 years ago. Every day is a struggle and it's nice to know that so many of the things we felt at the beginning of this were validated by what I read in this book. I highly recommend this book to anybody who has lost a child!!

Read several books on loss and grief after the death of our son. This is the best one I've read so far. It is written in an easy-to-read format. The short sections help the reader not be overwhelmed with too much material at once. It covers the many aspects of loss, grief, and working through it. The personal stories are very powerful and helpful. While specifically about loss of a child, everything in the book can be applied to the loss of any loved one.

This book does a lot to help us feel like we're not crazy - the emotions, hurt, pain, fog, darkness we're experiencing are all part of the horrible process of dealing with loss. There's no guilt tripping or pat solutions, but hugs and understanding in the form of well written words. Most definitely worth reading and worth sharing.

One best books I have read on the grief of losing a child. The format is easy to read and I love that the author shares other people's stories to remind the reader that we are not alone in this loss. The helpful exercises are great. I have already recommended this book to several people who have also had this type of loss. It was a great help to me.

It has been less than a year since our daughter unexpectedly died from sepsis just days before her 37th birthday. Since then my wife and I have been making the grief journey at different paces and with different challenges. We found help in a variety of sources but I wish this book had been available earlier. While the book can be, and perhaps should be, read from cover to cover, it is organized and written such that I can refer to the "meal-sized" chapter that speaks to what I am experiencing today. Some days I feel confused. Others I feel the support of friends. Gary Roe has a chapter for what I need along my journey. Each chapter tackles an aspect of losing a child with an insightful quote, a personal account of loss, Gary's insight and explanation of what is going on, specific actions that I can take, and a closing quote from someone further along the journey. I highly recommend this book for someone who has lost a child. If you know someone who has lost a child, you might benefit from reading Gary's "Please Be Patient, I'm Grieving: How to Care For and Support the Grieving Heart" so you can help them along the way,

Gary Roe has a gentle, compassionate, empathetic voice through his written word. This book is a great companion for dealing with the day to day challenges we go through as we grieve. Chapters open with real-life stories from people who have lost a child through varied circumstances. Chapters are titled for easy reference so that when I have an unexpected moment of overwhelming grief I go to a chapter that I think will help and re-read it. I got the Kindle version when it was featured and then bought the paperback for my husband.

I've lived with grief most of my adult life, having lost my mom when I was just 17 and a close friend in high school -and even that couldn't prepare me for walking with my friend through the loss of her child. I highly recommend this book for anyone trying to survive the loss of a child and for all those who love them. An amazing journey through grief, I still struggle with it after all this time and Gary Roe gets it, breaks it down, shows that it's ok, and shows how to get through it as best we can.

This book was such a blessing to me. I had often thought that I was losing my mind or "going crazy" after losing my 18 year old son, Brandon, in a car accident. Gary seems to really "get" the roller-coaster of emotions that are experienced when one is enveloped in the nightmare of GRIEF. The short chapters are easy to comprehend when attention span is minimal. Highly recommended for grieving parents and those that love them and want to understand what's going on in their head.

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