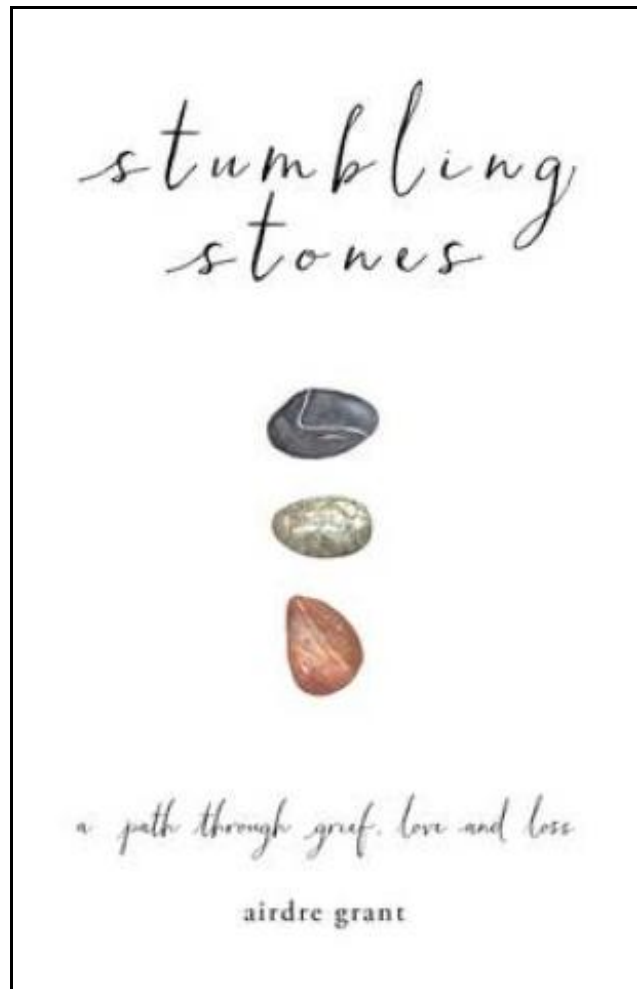


## Stumbling Stones



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## STUMBLING STONES



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Hardback. Book Condition: New. Not Signed; This book is a beautifully written exploration of grief and loss. Thought-provoking, often poetic, Stumbling Stones is a stunning piece of writing that will stay with you. Everyone encounters grief and loss in their lives, yet we are curiously ill-equipped to deal with it, to manage our own grief and to feel comfortable around the grief of others. We view these events as painful and to be avoided yet they are inevitable and offer much to enrich the soul. They are not easy and occur in many forms. Not all loss is about death. Loss can mean loss of vitality, health, a partner, a pet, dreams, loss of a relationship or children leaving home. Disappointment is a key element of grief. This is a much under-recognised emotion that can govern how a person operates in the world. Stumbling Stones offer strategies, stories and case studies that aim to help people traverse the landscape of loss and grief, to provide support through these inescapable and often painful transitions. In one year the author lost a long term relationship, and then, after another, her cat, dog, father and twin brother died. I felt that I was made of straw. When it happened, and kept happening to me, I found that many people didn't know how to be around me, some drew close, others ran as far away as possible as if pain was contagious. Some treated me like cut glass and others expected me to buck up and get on with it, throw yourself into work! they offered. But I was unfit for work, and offered poor company. I undertook a pilgrimage to the island of Iona in Scotland and to the Himalayas, looking for solace, consolation and insight. I also wanted to go far away...



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