



## Kisses from the Heart: A Book about Life and Death -11 Signposts You Must Know After the Loss of Your Loved One

By Angela Strachan

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Little things count a lot, but we all like to believe that we have a good sense of perspective, so we generally pretend that those little things dont matter. But it is all those little things that add up. When the little things are not addressed it can turn any circumstance into an enduring, overwhelming heart breaking occasion especially regarding the passing of a loved one. When my mother passed there was so much that needed to be done, so much that needed to be understood, accepted and addressed yet I didnt have the slightest idea where to start. Almost under fire I collected a series of sign posts that guided me from one point to the next and allowed me to keep my sanity and remain peaceful and calm within an environment of despair, sadness and often emptiness. It allowed me to resume my journey and embrace the new normal with hope, courage and happiness. And that is why I called this book, Kisses from the heart because each step, each signpost is exactly that - an...



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