

# What Can I Do?: Ideas to Help Those Who Have Experienced Loss (Lutheran Voices)

Barbara A. Glanz

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### What Can I Do?: Ideas to Help Those Who Have Experienced **Loss (Lutheran Voices)**

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Barbara A. Glanz knows grief from personal experience. Her son died at a very young age and her husband of many years died recently. Although the ideas in the book come primarily from people who have lost a loved one, most of the ideas are applicable to any kind of loss: the loss of a job, a divorce, the loss of a relationship, the loss of a pet, the loss of health, a move, or desertion. Written for the person who wants to help the one who is grieving, this book is filled with immediately practical ideas as well as long term, specific ways to help someone move from grieving to growth, and eventually to cherishing good memories.



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