

TRANSFORMING PAIN INTO POSSIBILITY



GRIEF

WHEN WILL THIS PAIN EVER END?

A GUIDE TO FINDING YOUR WAY OUT
OF THE DEPTHS OF DESPAIR AFTER PROFOUND LOSS

A photograph of a dark, rocky tunnel. A bright, warm light emanates from the far end of the tunnel, creating a strong lens flare and illuminating the path forward. The walls of the tunnel are rough and uneven.

PAULA SHAW

Paula Shaw

When Will This Pain Ever End?: A Guide to Finding Your Way Out of the Depths of Despair After Suffering Profound Grief and Loss



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Gradually, you will see there IS light at the end of this tunnel as you browse and apply what you would learn in this guidebook for curing grief: When Will this Pain Ever End? Additionally, you will discover links to a collection of videos demonstrating the curing methods become familiar with in the book. This is why grief recovery specialist Paula Shaw has created this book: There IS Light by the end of the Tunnel. Even if the globe around you looks very dark and barren right now, you are still in the ideal place to start reading this book. This is the question so many of us ask ourselves whenever we are grieving the death of a loved one, the end of a romantic relationship or some other great personal reduction. In this book, you will find both information and useful exercises you may use immediately in your recovery process, including breathing methods, Emotional Independence Technique (EFT), visualization, Energy Psychology work, journaling and many other healing equipment. The truth is that healing from grief and reduction comes from enabling our selves to grieve instead of trying to avoid the hurt.



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well done. Techniques and strategies that are unique and function. Seven years in the producing, this is actually the most extensive and helpful publication on grieving I've ever found.. She helped me to feel my feelings, create a Memory Project to honor my boy, practice gratitude, and do simple energy approaches for release that really helped. It is filled with practical exercises to accomplish in the privacy of your house and I cannot recommend it more than enough for anyone struggling in the wake of loss. I like the you tube video guidelines, can help you put it to apply. I'll treasure it always and refer back again to it whenever there exists a need. Five Stars Helped a good deal. I read the initial chapter and viewed the videos of methods that offered me some instant relief! Its concepts and tools are so cutting edge yet simple – and Paula's voice is indeed empathetic and wise – that I was blown away. Highly recommend Great book and techniques. I wasn't amazed to see this gorgeous reserve shoot to the top of the charts immediately. Paula can be an amazing resource for transformation Paula can be an amazing reference for transformation. This is personal help at a fresh level! She has dealt with tragedy first hand so every chapter is full of compassion for anyone on this journey. I am recommending this book to all my clients who are going through reduction and pain of any sort. With innovative mind/body tools, videos that accompany each chapter, journaling prompts, and useful articles, ANYONE in pain NEEDS to read this! THE Resource FOR ALL THOSE in the Midst of Grieving Paula writes in a way that is relatable and compassionate, using her own existence experiences to help guidebook others through grief and loss. Paula is an amazing writer and I know she has changed lives with this reserve! . I LOVE this Book! Paula (my mother) is normally a gifted healer, teacher, author and loudspeaker and she's developed a compendium for finding joy when life is the pits! I use many of the equipment on daily basis, therefore i can say with confidence that rest from suffering will be in the palm of the hands. It's a genuine marvel of its kind! A MUST Have got FOR EVERYBODY EXPERIENCING TOUGH TIMES I write this not only because the daughter of the writer, but as someone who has individually seen these tools Function for people!!! I Love This Reserve! The wisdom shared is usually invaluable! Five Stars Strongly suggested this book for anyone dealing with pain. I was blissed out following the circle technique! Paula shared thus many that I never heard of before which are now my favorites. Yes, most of us have grief over loss of loved ones, relationships, jobs, health. Therefore many losses over the span of a life can be substantial. Some of us no longer trust the world to be secure to come out into. I have had the privilege of dealing with her personally and I am therefore excited she has put her magic into a book. Thank you Paula!!!! For me personally, this CORE healing!....very compelling read. It found me during a time my much loved cat was dying, and I felt like Paula was keeping my hand the entire period. It is well crafted, concise, encouraging and provides abundant examples and extremely useful healing techniques! She uncovers so many hidden regions of grief. I hope to read more out of this author. Very inspiring. I would unquestionably recommend it to anyone fighting a recent loss..Probably the most comprehensive and helpful book on grieving I've ever found That is a book which could not need been written a decade ago. Leaves you seeking more ! An ideal book for all who have lost a loved one. That is a compelling source packed with invaluable advice. I have purchased this as something special and I am extremely excited to receive my order! Wonderful healing book!!! This is a wonderful book that I can recommend to my clients to greatly help them heal from grief. This book is captivating from cover to cover.



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