

Faith Doesn't Erase Grief

EMBRACING THE EXPERIENCE AND FINDING HOPE

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Paperback, \$18.95, 240 pp., 5.5 x 8.5, 978-1-957687-02-5

eBook, \$9.95, 978-1-957687-03-2

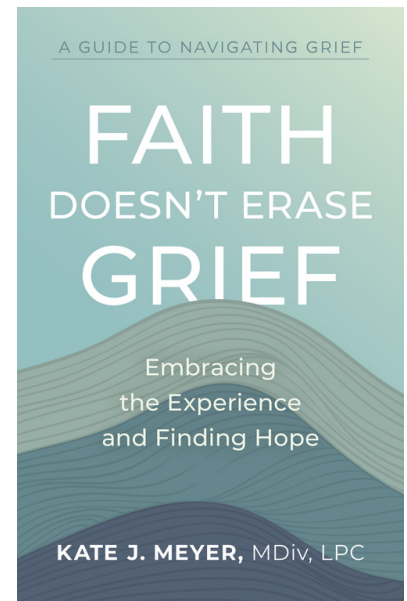
Grief does not go away simply because your faith is a central component of your life.

The grieving process is part of being human, but far too often, Christian grievers are pushed out of grief and rushed into rejoicing that their loved one is in heaven. Alternately, Christians who allow themselves to grieve are shamed for doing so, often resulting in turning away from faith. It is time for a better way to acknowledge that you can struggle with grief and still love God.

Licensed professional counselor and ordained minister Kate Meyer is an experienced, warm, practical guide to walk you through the grieving process. In *Faith Doesn't Erase Grief*, she encourages grievers and shows them how to find hope.

Meyer blends grief psychology, biblical accounts, and everyday experience. She introduces easily understandable phases of Early Grief, Middle Grief, and Lasting Grief, and helps grievers build a personalized toolkit. She offers a way to acknowledge emotions, ways to take care of yourself just after a loss, and coping skills for the long term. Meyer also discusses the continued but changed bond many grievers experience when their loved one is gone. Each chapter includes a prompt to record experiences, and the book concludes with a collection of appendices for detailed, step-by-step directions for coping tools, such as psalm writing.

Grief is a difficult but natural part of life. For grievers, professional helpers, and those wanting to better understand loss, let *Faith Doesn't Erase Grief* help you embrace the fullness of grief and discover the first steps toward hope.



Kate J. Meyer, MDiv, LPC, is an ordained minister and licensed professional counselor who has worked in both private practice and hospice care. She is passionate about bringing grief into the light so that all grievers know how to move forward in a healthy, life-giving manner. Kate is also the author of *The Red Couch*, a novel about past mistakes and a challenge to overcome them. She is a dog mom living with her husband in Western Michigan. Visit katejmeyer.com to join her newsletter or follow her on social media.

Available at retailers everywhere 7/12/2022.



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