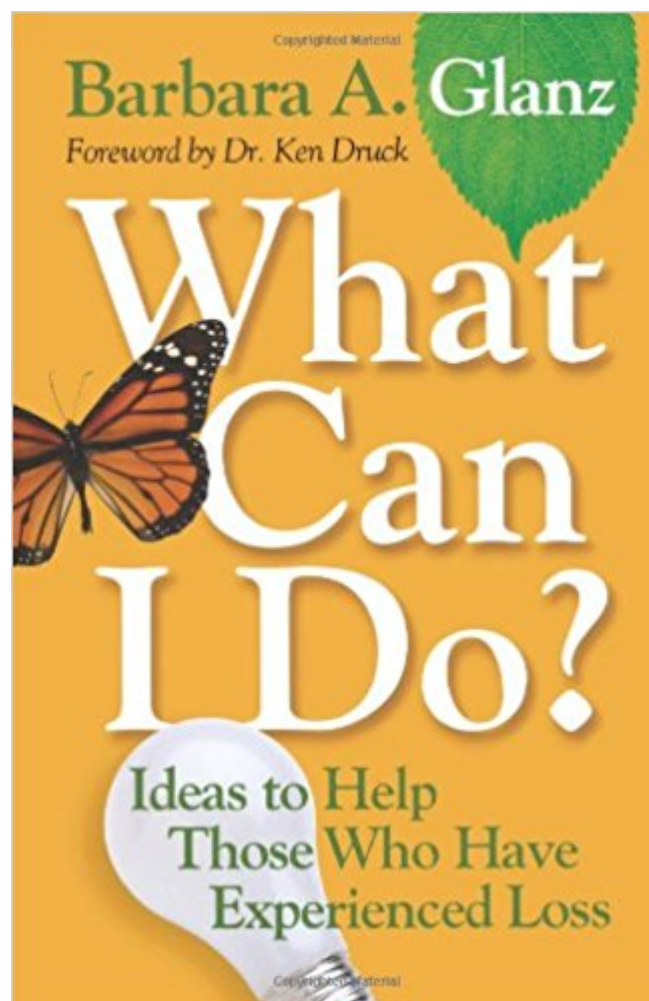




The book was found

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



Synopsis

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.

Book Information

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Customer Reviews

Our hearts reach out to those who have experienced a death or loss. In love and concern I try to be there for the grieving. At times I need reminders of simple ordinary ways to help. What Can I DO? by Barbara Glanz caught my attention at a book display at a diocesan conference. I hoped to just add it to my shelf of resources. At our next parish Bereavement committee meeting I brought it to the meeting and used a prayer out of it. I offer all the bereavement resources to the committee for review. After a brief reviewing each member asked for a copy of their own. It is like a handbook of ideas, prayers and reflections on grief. After 15 years of working with loss and grief I was pleased to find some new ideas. Thanks to I was able to get multiple copies without needing to pay postage. Excellent hands on resource for those who minister to the grieving.

So often we want to reach out and do something to help those we care about get through a difficult time, but we don't know what to do. As author of *Beyond Casseroles: 505 Ways to Encourage a Chronically Ill Friend (Conquering the Confusions of Chronic Illness)* (Conquering the Confusions of Chronic Illness) I tried to put these into a simple list format for people to flip to a page and get an idea. Barbara Glanz has done a wonderful job of explaining the process behind some of these ideas and also sharing stories that show why such a small action can have an amazing impact on a person's life. Since it's nearly Christmas as I write this, I flipped to the Christmas section and enjoyed reading about the unique ideas such as a Christmas box of gifts that people can open leading up to the holiday. When it comes to serving the chronically ill, just feeling like you are remembered is an amazing gift in itself. Despite the fact that I wrote a book on the same topic, this book, "What Can I Do?" is one that I will always have on my own bookshelf to refer to. Thanks, Barbara, for an excellent resource that will always be needed and that everyone should own! Lisa Copen, Director, Rest Ministries, Inc. A Christian organization serving the chronically ill

Written by certified speaking professional Barabara A. Glanz, *What Can I Do?: Ideas to Help Those Who Have Experienced Loss* is a guide to comforting friends, family members, acquaintances, and anyone else in one's life who has experienced the crushing loss of a loved one. Chapters offer practical advice and heartfelt recommendations, from ways to celebrate the life of the person who passed on to creating traditions that keep memories of loved ones alive. "When someone is grieving, they have no thought of themselves; they are simply in survival mode, so doing something that brings them joy and focuses simply on them is a precious gift. Present them with a gift certificate for a massage, facial, manicure, or pedicure to help soothe their soul and brighten their spirits." Though there are occasional religious references, *What Can I Do?* is an inclusive, highly recommended guide intended for readers of all Christian denominations and all backgrounds.

I read this book after my 29-year old daughter's husband died suddenly from a heart attack after 7 1/2 months of marriage. Our entire family was hurting. In an effort to be as much help as possible, I ordered a copy of *What Can I Do?* for each of my other three children to read. We found it extremely helpful. I would highly recommend it to anyone who truly wants to make a difference.

Lots of specific ideas, stories, poems and inspiration for those of us who don't know what to say or do when someone we care about is suffering a loss.

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