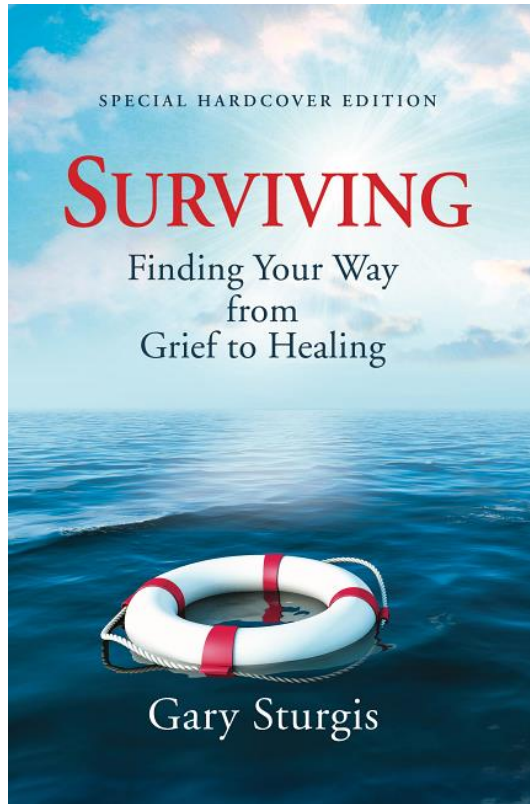




There is a way out of grief. It will take time, but the pain will lessen, and your heart will heal. You will survive, and this book shows you how.

**Surviving: Finding Your Way from Grief to Healing
Special Hardcover Edition
By Gary Sturgis**

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SPECIAL HARDCOVER EDITION

SURVIVING

Finding Your Way
from
Grief to Healing



Gary Sturgis

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Published in celebration of the readers who have carried this book in their hearts and entrusted me with their own stories of love and loss over the years.

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Chapter 5

This Sucks!

I remember standing in the receiving line at the funeral services as people walked through to offer me their condolences. In my overwhelming grief, I don't remember anything anyone said to me except the usual words they say at a funeral like, "I'm so sorry for your loss" and "Let me know if there's anything I can do for you." None of these well-intentioned offerings brought me any comfort.

In the line was a friend of mine who had lost her husband a few years back. When it was her turn to approach me, she hugged me and whispered in my ear, "This sucks."

Six years later, that's the only meaningful thing I remember was said to me on that day. It was the only sentiment that fit the way I was feeling inside. Grief does suck, and she knew firsthand how I felt standing there because she had stood in the same place before me. After the funeral, she was the person I would seek out to talk to on some of my darkest days.

A major loss can hurt more than we ever imagined, and the hurt can last longer than we thought it ever would. We

also can't understand how our emotions become a tangled mess during the process. We struggle with the isolation we feel. We're surprised by our lack of patience for all the things going on around us. We have a lack of tolerance for insensitive things that are said to us. Some things just don't matter to us anymore.

Let me be perfectly honest, "grief definitely sucks"! It's hard. It's also a very natural response to loss. But you CAN work through your grief in a healthy and healing way. Maybe not as quickly as you'd like to, but you can work through your grief and lead a healthy, happy, and productive life again.

I'm pointing all this out, (not that I feel I need to), but more to assure anyone who's grieving that you're feeling "normal." You're certainly not alone. Being on a grief journey can make you feel like you're going crazy.

You're not!

What you're feeling isn't only normal, it's "perfectly normal."

Set your mind on the truth that you'll find a way through grief, and you'll learn to live again. Not only live a life, but a happy life. A fulfilling life that includes joy, love, laughter, and of course occasional grief and tears.

Adjusting your heart and mind in a positive direction can be a powerful way to start healing your grief and pain. To help you do this it may be beneficial to speak to a trained

grief counselor or even a supportive friend who's suffered a similar loss in their past.

I believe making this positive adjustment as early as possible can help you become more accepting of your loss. It will give you the courage and strength to carry on. Not only on the good days, but on the bad days when you need it the most. There are many other people who've gone on their own difficult grief journey before you, and they've discovered this guidance to be true. If you continually work on being positive, although hard at times, it can also be true for you.

Grief is hard. But it's not the end. It's the beginning of a change in your life and you alone can determine how that change will direct your life moving forward.

Now when I attend the funeral of a friend or relative, I always say to them, "I know this sucks!"

Chapter 36

Being Alone Doesn't Mean Being Lonely

Loneliness is always a topic that comes up in my grief support groups. Everyone struggles with being alone after a loved one dies.

Being alone is only negative if that's how you choose to see it. It can be an opportunity to grow, develop, and explore. It can be difficult and frightening but also exciting and satisfying.

So, don't be afraid.

I had a woman in one of my Partner/Spouse Loss support groups who lost her husband. (I'll call her "Carol"). In one of the sessions, all the members were discussing how lonely they were without their significant others. They were talking about how empty the house was and how hard it was to live alone. To do anything.

Carol remained quiet throughout the discussion when suddenly she said, "I understand the loneliness, and I felt it for a long time, but now I see my time alone as an adventure."

Some of the other group members were aghast at this comment. But Carol went on to explain that she was tired of feeling lonely, so she decided to make this life she never wanted an adventure, an opportunity to grow as a person.

She told them how she always hated her bedroom with all its masculine touches so she decorated it with all the floral designs she loved and set up the guest room as an art studio for painting, a passion she never had the time to pursue.

When the holidays got too lonely for her, she volunteered wrapping presents at the local shopping mall and gave the proceeds to the local AIDS foundation that supported those that were sick and alone at the holidays. She continued to do this each year. She made many new friends through this volunteer position.

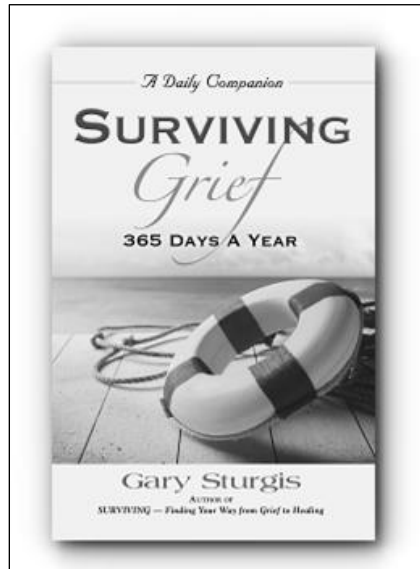
She joined a widow's club travel group and began to explore all the places in the world she always dreamed of seeing but never got the chance because her husband was always working.

Carol explained it wasn't easy to do all this, but it was also exciting, and she found joy in living again.

The loneliness after a loved one dies is very difficult, but as Carol discovered, we can turn those negative feelings into positive feelings. We can create a new life that's satisfying and joyful.

We'll never stop missing our loved one, but we can move forward as if every day is a new adventure.

SURVIVING GRIEF: 365 Days a Year



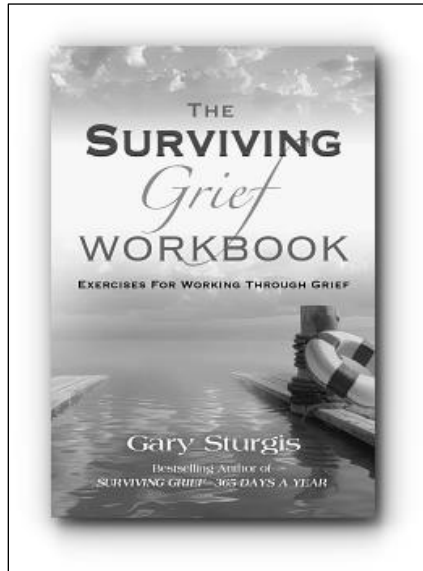
In this international bestselling book, Gary Sturgis offers gentle companionship for one of life's most difficult journeys. Through short, heartfelt daily reflections, he provides reassurance, understanding, and steady support for the days when grief feels overwhelming, confusing, or unbearably heavy.

Written from both personal experience and years of working with grievers, these reflections don't try to fix grief or rush healing.

Whether your loss is recent or long ago, this book meets you where you are and walks beside you, one day at a time.

Gary Sturgis

The SURVIVING GRIEF Workbook Exercises For Working Through Grief

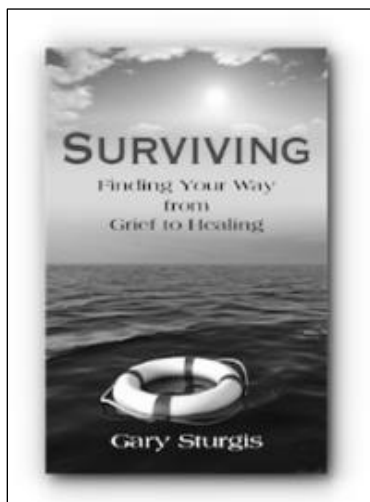


Created as a companion to Gary Sturgis's bestselling book ***SURVIVING GRIEF – 365 Days A Year***, this workbook offers a gentle, personal space for reflection, expression, and healing.

Through thoughtful prompts and guided exercises, you'll be encouraged to explore your grief in your own way and at your own pace.

With compassion and understanding, Gary helps you move through the hurt, make sense of your experience, and gradually learn how to live with more love than pain.

SURVIVING Finding Your Way from Grief to Healing



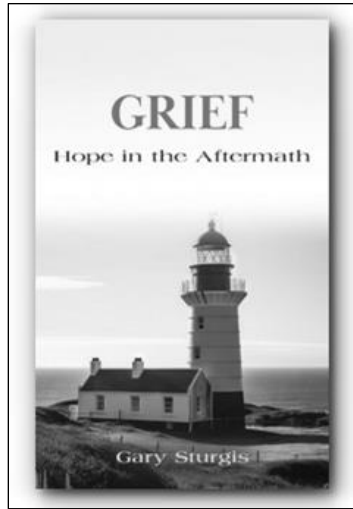
The book that began it all.

In this deeply personal and autobiographical work, Gary Sturgis shares his own journey through devastating loss and the long, complicated path that followed. With honesty, warmth, and compassion, he invites readers into the realities of grief, the confusion, the pain, the unexpected turns, while offering steady reassurance that healing is possible, even when it feels unimaginable.

Gary gently weaves together lived wisdom and practical insight. The result is a book that doesn't preach or prescribe but walks beside the reader with understanding and hope.

Gary Sturgis

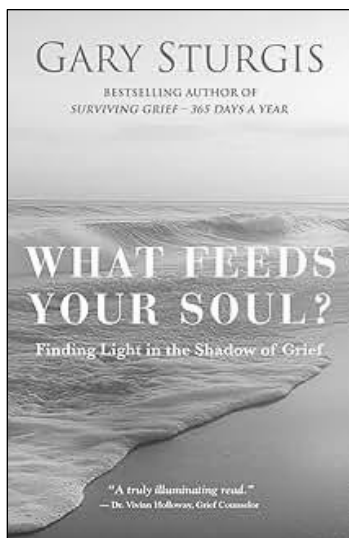
GRIEF Hope in the Aftermath



In this thoughtful and deeply reflective book, Gary Sturgis explores the complicated landscape of loss, love, and the enduring impact of grief. Through his own insights and the shared experiences of those he has walked beside, he gently examines the questions, struggles, and quiet truths that often follow profound loss.

With compassion and clarity, Gary helps readers place the realities of life and death into a more humane and livable perspective. He doesn't promise the disappearance of grief or the full acceptance of loss. Instead, he offers something far more honest and comforting, the possibility of hope, even in the aftermath.

WHAT FEEDS YOUR SOUL? Finding Light in the Shadow of Grief



Grief reshapes the landscape of life, often leaving us searching for steadiness in a world that feels permanently changed. This book speaks to that quieter season of loss, when the question is no longer how to survive, but how to live.

With gentle reflections and compassionate insight, Gary Sturgis invites readers to explore what nourishes and sustains them now, offering reassurance, meaning, and hope without ever rushing the healing process.

Written from lived experience and years of supporting others in grief, this book is a comforting companion for anyone learning to carry loss while slowly allowing light to return.

Gary Sturgis

SURVIVING GRIEF During the Holidays

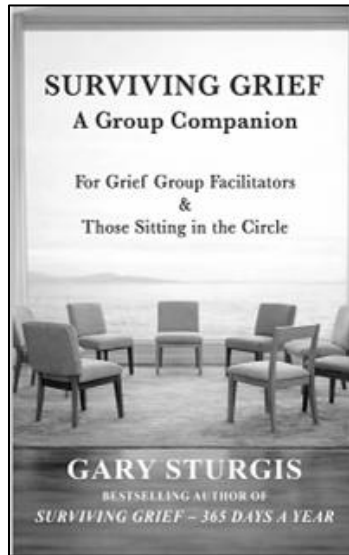


The holidays can be some of the most emotionally complex days of the year for those who are grieving.

Gary Sturgis offers comfort and understanding for this tender season.

Whether it's your first holiday after loss or one of many, this book serves as a steady reminder that healing does not mean forgetting; it means learning how to carry love and grief together.

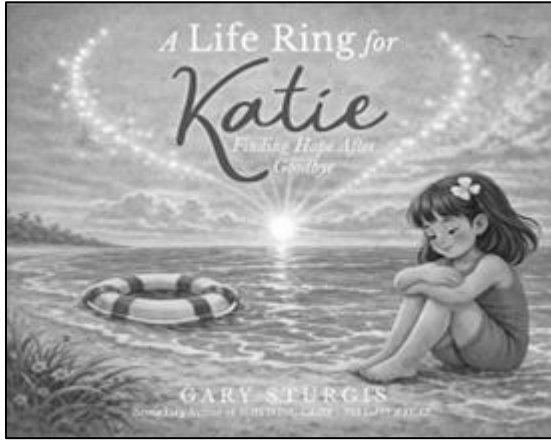
SURVIVING GRIEF
A Group Companion for Grief Group Facilitators &
Those Sitting in the Circle



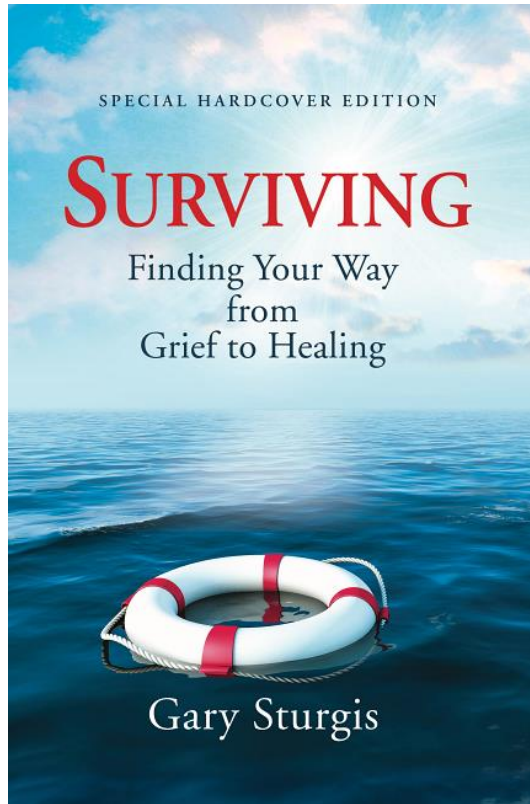
A compassionate companion for those sitting in grief circles. This book offers gentle guidance for facilitators and participants, helping create safe spaces where grief can be spoken, heard, and carried together.

Gary Sturgis

A LIFE RING FOR KATIE Finding Hope After Goodbye



When Katie loses her beloved brother, the ocean feels big and lonely. But a bright red life ring helps her remember something important: love never sinks. A gentle story to help children understand grief, memory, and hope.



There is a way out of grief. It will take time, but the pain will lessen, and your heart will heal. You will survive, and this book shows you how.

**Surviving: Finding Your Way from Grief to Healing
Special Hardcover Edition
By Gary Sturgis**

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