



# **Finding Peace When Your Heart Is In Pieces: A Step-by-Step Guide to the Other Side of Grief, Loss, and Pain**

*Paul Coleman*

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**Finding Peace When Your Heart Is In Pieces: A Step-by-Step Guide to the Other Side of Grief, Loss, and Pain** Paul Coleman

A sensitive approach to overcoming loss!

Behind every tragedy and loss lies a tranquil reality just waiting to be found. *Finding Peace When Your Heart Is in Pieces* shows you how to use the Four Paths of Transformation--acceptance, inspiration, release, and compassion--to move past your suffering and discover inner peace. Author Paul Coleman, PsyD, guides you through every chapter with powerful exercises that help you evaluate your current emotional state and how the hardship has impacted your life. With his guidance and insight, you will learn how to transform your pain into positive thinking, find perspective through charitable acts, and hone in on what you need to do to step into a brighter future.

Whether mourning the loss of a romance, health, a loved one, or coping with any of life's upheavals, *Finding Peace When Your Heart Is in Pieces* will help you overcome your pain and finally find peace within yourself.

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