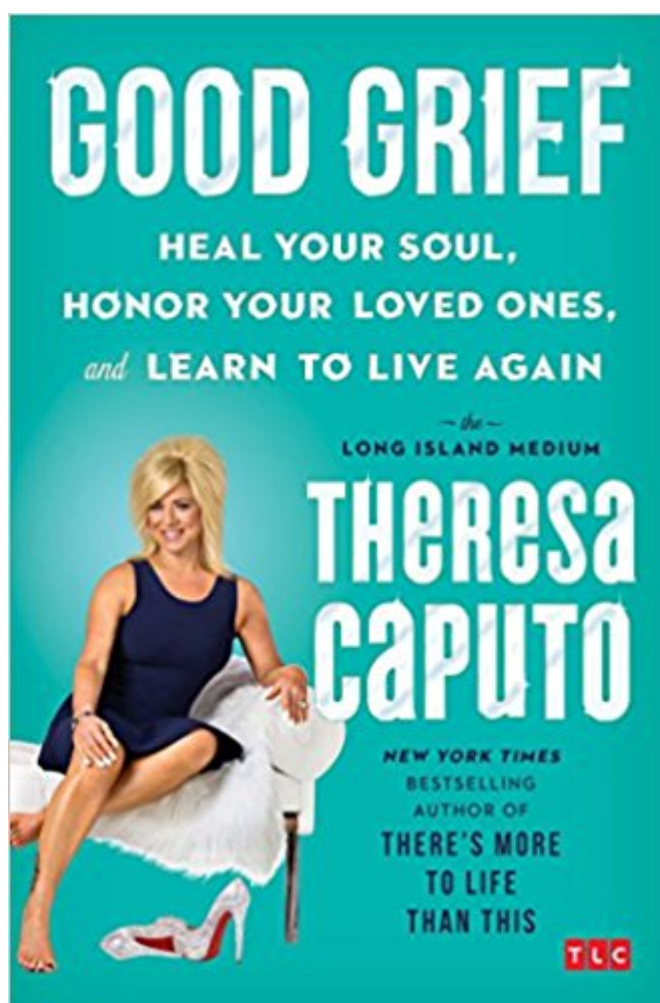


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# Good Grief: Heal Your Soul, Honor Your Loved Ones, And Learn To Live Again



## Synopsis

The star of TLC's Long Island Medium and New York Times bestselling author Theresa Caputo provides a guide to overcoming grief, filled with inspiring lessons from Spirit and astonishing stories from the clients who have been empowered by Theresa's spiritual readings. After more than a decade of being a practicing medium, Theresa Caputo brings the powerful lessons she has learned about grief, healing, and finding happiness in the wake of tragedy. In almost every reading she gives, Spirit insists that people begin to embrace their lives again. Easily said, but not everyone knows where to begin, and putting back together the pieces of a life marked by loss is never easy. Sometimes, you need spiritual guidance—that's where Theresa comes in. With her energetic, positive, and encouraging tone, Theresa uses the lessons from Spirit to guide you through grief toward a place of solace and healing. Each lesson is grounded in her clients' stories as they share the experience of losing their loved ones, their encounters with Spirit during readings, and the ways in which they've been able to heal and grow. Each chapter is filled with activities to help you find your "new normal"—including journal entries, individual and group exercises, meditations, and moments of reflection—based on the truths that Theresa has gathered from Spirit. Good Grief will help you to feel stronger and more optimistic about what the future has in store for you.

## Book Information

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## Customer Reviews

• "An excellent resource for those who wish to be in communication with deceased loved ones." • (Library Journal) "Comforting and quite touching. I felt oddly close to my own dead parents as I read

along." (New York Times Book Review)

Theresa Caputo was born and raised on Long Island and lives there with her husband and two children. She is the star of Long Island Medium, which airs on TLC. After suffering anxiety for most of her life, Theresa met with a spiritual adviser who helped her realize her ability to communicate with Spirit. Theresa has been a practicing medium for more than ten years and is a certified medium with the Forever Family Foundation. Her first two books, *There's More to Life Than This* and *You Can't Make This Stuff Up*, became instant New York Times bestsellers. She has appeared on Good Morning America, The View, The Dr. Oz Show, and Ellen and has helped countless people heal and find the closure to embrace life without their loved ones. For more, please visit [TheresaCaputo.com](http://TheresaCaputo.com).

This is a very good read for those who have lost a loved one and is going through grieving process. This is also good for folks that does not know how to help someone that is grieving. I've also read the other book "There's More to Life Than This: Healing Messages, Remarkable Stories, and Insight About the Other Side from the Long Island Medium" so there's not much new materials here. But it did help me to start praying to God again. I've recently lost my first dog BeBe and had a grieving period and realized I've actually went through what Theresa had written. I know losing a dog is not the same as losing a person, but I see BeBe as my daughter and treated her as such. After reading both books, I have so much questions that I would like to know. Perhaps Theresa's next book should be a Q&A. Let readers send in their questions and have her publish an answer book :-)

I have bought and read Theresa's two previous books. Although this repeats some of the information in those books, it is still a very good read, especially if one is grieving for family or friends who have passed. I always wondered about Heaven, and there are some peeks of the Other Side. Very comforting.

Just starting reading the book. Already am liking it. I believe it will be a great help during my grieving. So far Theresa pulls no punches and is very likable and sincere.

I found this book to be a very easy read and interesting. Gives a different spin on death and the afterlife. Some will enjoy this book, others will not. After losing every person in my family and most of my solid good life long friends I did get something positive from reading it. Keep an open mind

when reading it.

Very good book. I am just getting through the first year after my husband passed away. This has to be one of the most realistic books about grief I have found yet. Not preachy or patronizing at all. It is advice from someone who has really lived through grief. I would definitely suggest this book to anyone that needs comfort after the loss of a loved one.

She is helping people move out of the emotional raw zone of grief and moving to that place in their hearts where they can live and love again. This is a book worth reading.

Theresa writes her books as if she is speaking to you. Very pleasant read. It does have exercises to do to help you heal. There are insights you may not have thought of that she includes. I am still going through the book. It would have been very helpful in the year after my brother's death, but it is very cathartic now. I'm glad I ran across this one. Not a lot of fluff - but does include a lot of helpful information and exercises to help you internalize it.

I bought four copies of this book and gave copies of it to three friends who recently lost someone very close to them. I read the book myself because I love Theresa Caputo and her amazing talent of connecting with the souls of those who have crossed over to the other side. I found her words to be helpful, informative and comforting. I think anyone who is grieving a loss can get help from her words to move forward with their own life.

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