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Things I Wish I Knew Before My Mom Died: Coping With Loss Every Day



Synopsis

Ty Alexander of Gorgeous in Grey is one of the top bloggers today. She has a tremendous personal connection with her readers. This is never more apparent than when she speaks about her mother. The pain of loss is unfortunately universal. Yet, we all grieve differently. For Alexander, the grieving process is one that she lives with day-to-day. Learning from her pain, Alexander connects with her readers on a deeply emotional level in her debut book, *Things I Wish I Knew before My Mom Died*. From grief counseling to sharing insightful true stories, Alexander offers comfort, reassurance, and hope in the face of sorrow. In this soul-touching book, mourners will find meaning and wisdom in grieving and the love that will always remain.

Book Information

Paperback: 154 pages

Publisher: Mango (September 13, 2016)

Language: English

ISBN-10: 1633533883

ISBN-13: 978-1633533882

Product Dimensions: 5 x 0.4 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #19,560 in Books (See Top 100 in Books) #42 inÂ Books > Self-Help > Relationships > Love & Loss #42 inÂ Books > Self-Help > Death & Grief > Grief & Bereavement #74 inÂ Books > Biographies & Memoirs > Ethnic & National > African-American & Black

Customer Reviews

I love the author's honesty. This book reads like you are in conversation with a friend and she is telling you what you need to know before experience deep loss. I lost a spouse and this book really resonates with me. She is right that, as you go through it, you can grow through it. I will be recommending this book very highly.

I received my book this evening & finished it a little bit ago & WOW!!!! Ty has opened her heart and poured it out on just about every page for us, in a very raw & open way which I love! She shares what she has experienced & experiences daily and I found myself having several "lightbulb moments" while reading. She says the things that so many of us are afraid to say, are afraid to face, afraid to acknowledge or are afraid to do... that so many of us need to hear, see, say or do. Ty lets

us know that we are not alone in feeling what we feel during our personal grieving processes and that our feelings are very valid, very real and that they are OK! And screw whomever tries to tell us otherwise(YAAASS!!! ™œ •).This book should be on every shelf in every household across the globe! Its one of those books you can revisit over and over again for strength, for encouragement, to cope & make it through the tough times, for understanding & so much more.I won't spoil it by revealing anymore & I hope I didn't give away too many details already but I will say one last thing...YOU ALL NEED TO PURCHASE THIS BOOK!! ASAP!!Share & Hashtag #ThingsIWishIKnew

I've read a few other books about losing a mother and this is one of the most concise books on loss and grief that I've read. My mama died 14 years ago and as Ty stated several times throughout, the grief never really leaves it just changes form. Somehow Ty managed to capture all of my exact thoughts and feelings as I continue to create a "new normal" in the absence of my mother. I appreciate her willingness to open her heart to share her experience. I've found myself having to offer suggestions on grief to a lot of friends and this is a book I'll be buying for others. Lastly, while she speaks about losing her mom, this book can apply to any loss because I found myself sometimes writing in my grandparents names in various places.

Author Ty Alexander managed to make me smile, laugh and cry in just the FIRST chapter!! It feels like you are sitting down with your BFF over wine having a heart to heart. This is a book you will not be able to put down until you have finished. There are so many gems in these pages. I'm so glad I pre-ordered my copy! Can't wait to see what comes next from Ms.Alexander.

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