



Life Losses - Healing for a Broken Heart

Janelle Breese Biagioni

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Loss, regardless of its type or intensity, is always life-altering. It shatters dreams, changes our view of the world, and has an impact on how we live out the rest of our days. You can't get around that simple truth – you can only work through it, one day at a time. Loss comes in many forms, including (but not limited to):

- The death of a friend or family member (whether by natural cause, or otherwise)
- Divorce or separation
- Economic and transitional losses (like losing your sole source of income)
- Chronic and debilitating illness
- Catastrophic injury (that leaves you or a loved one forever changed)

These and other life experiences are all a source of heartbreak and grief, and if left unresolved can have profound and lingering effects. Loss of such magnitude traumatizes your heart, mind, and soul. It attacks all areas of life – leaving us confused, listless, lost, disorganized, and unable to respond to daily activities as we had before. Even sleeping and eating are difficult tasks. Nothing makes sense, and our desire for a return to “what was” results in the “could-haves” and “should-haves” overpowering the beauty of “we did” and “we had”. *Life Losses: Healing for a Broken Heart* is a book for anyone suffering the grief of loss – as well as those who care for them. It is a book of hope! Janelle Breese Biagioni, RPC is a Bereavement Survivor, Hope Generator, and Registered Professional Counsellor. She is the author of seven books and numerous articles and stories which have been published in *Grief Digest*, *Bereavement Magazine*, *Headline*, *Brain Injury Journey*, and *Chicken Soup for the Soul*.

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