



# When Will I Stop Hurting?: Dealing with a Recent Death

*June Cerza Kolf*

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## **When Will I Stop Hurting?: Dealing with a Recent Death** June Cerza Kolf

You've lost someone you loved, and now the pain seems unendurable. June Cerza Kolf understands. She, too, has suffered the wound of grief, and as a veteran of hospice work, has counseled many mourning people. In this gentle, empathic book, Kolf leads you through the stages of grief, helping you understand what to expect as time goes on and making you mindful of potential pitfalls such as feeling anger or guilt, dealing with holidays, and experiencing physical distress.

No matter what the loss has been, it takes time and heart-wrenching work for the wound to heal. Kolf takes you by the hand and helps you do this painful--yet vital--work. She offers practical and therapeutic ways of dealing with depression and easing pain and gives creative ideas for expressing your love and remembrance. The grief exercises provided in this book are an outlet for working through your pain on your own or in a small-group setting. Most of all, as *When Will I Stop Hurting?* guides you through the rough terrain of grieving, it will also point you to God, the one true source of healing.

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