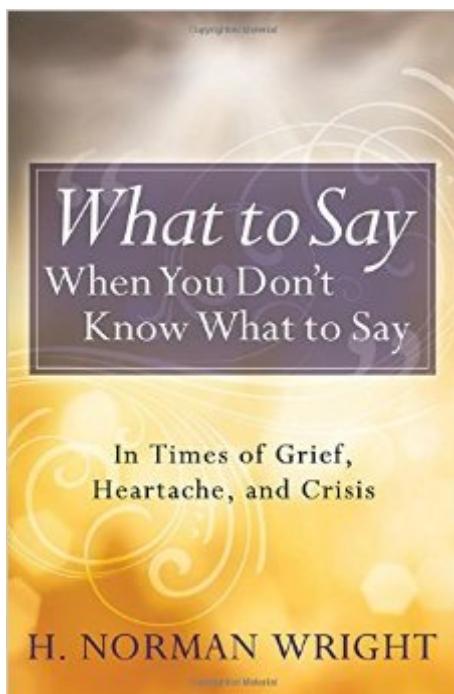


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# What To Say When You Don't Know What To Say: In Times Of Grief, Heartache, And Crisis



## **Synopsis**

I just lost my job. My mom died of cancer. My best friend was in a serious accident. When a family member, friend, neighbor, or coworker is in pain, he or she needs your support • even if you're not sure what to do. Trusted Christian counselor Norm Wright offers this easy-to-follow handbook on how to respond to others during and after crises. As part of a national team that provides grief counseling following tragedies • including recent shootings and September 11 • Norm knows firsthand what works when giving comfort. Along with discovering how you can respond in difficult situations, this straightforward guide will help you: understand the confusion and emotions the person will experience; decide what to say and what not to say; choose what you can do immediately and long-term; give encouragement during depression and grief; provide biblical wisdom for helping the person cope and live on. Sensitive, practical, and specific, this handy reference includes information you need to be supportive and point to God as the ultimate healer.

## **Book Information**

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## **Customer Reviews**

Excellent Book. These books provide insight and direction for difficult situations in life. Would recommend for professionals and novice self insight information. Recommendations from numerous Psychiatric Board Certified Associations. Good Seller. Thank you

I have been leading a GriefShare group for 5+ years. When I discovered this book I had hoped it would help provide me with some direction so that I would be more comfortable in my role as a

facilitator of people who had lost a loved one. This book was exactly what I needed. It reinforced those areas where my conduct was appropriate and provided me with some excellent examples and guidelines that will help me improve in that role and in my personal interactions with friends who have lost a loved one.

This book is perfect for anyone who is suffering or is helping someone through suffering. It is clear and concise, well-written and easy to read. Dr. Wright offers deep insight as one who has lived through suffering himself and as one who has helped many others survive their own suffering.

I downloaded this book from my local library, and thus read no reviews. There is some help to avoid the worst responses, ones anyone seeking to become more sensitive probably would not make anyway. It is a conventionally Protestant, Bible-quoting work that is also full of recommendations to read the author's other books.

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