



# **My House Burned Down and Now I Can See the Stars: Reflections on Losing and Finding**

*Ann Hisle*

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"Bereavement counselor Ann Hisle's book of stories, poems, and quotations illustrates spiritual practices that strengthen and prepare us to meet and adapt to the inevitable losses of daily living. The practices help us navigate through these losses so there can be findings. The book is comforting and challenging, personal and professional, inspiring and practical. The eleven spiritual practices/chapters can be read independently for reflection or sequentially as a spiritual journey. This book is a unique gem." — Helen Fitzgerald, author of *The Mourning Handbook*

Losing and finding are equally fundamental to life ? and loss is not the end of the story. Psychotherapist and bereavement counselor Ann Hisle offers sound advice and uplifting spiritual practices that help people cope with loss. Hisle's inspiring stories of hope, along with her selections of thought-provoking quotations, form the foundations for deeper living, greater loving, and a more powerful sense of humanity.

Starting with an acknowledgement of the need for both good *and* bad luck, the author discusses how we can learn from our suffering, the value of sharing our experiences, and the appreciation of apparent coincidences. She considers the innate rewards of forgiving and asking forgiveness, letting go and lightening up, and opening to a higher power. In addition, Hisle explores how our personal histories can instruct us; the balance of mental, physical, and spiritual needs; and the pulling together of collective wisdom for personal growth. Anyone who has struggled with accepting loss and moving beyond heartbreak toward a more balanced perspective will appreciate this book's practical and philosophical encouragement.

"Ann Hisle has written a wonderful book about life, loss, and coming to terms with grief. It is not a panacea for grief or a superficial 'fix it' book but it is insightful, thoughtful, and profound." — Books and BBQ

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#### **Anthony Anderson:**

A lot of people always spent their very own free time to vacation or even go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. In order to try to find a new activity this is look different you can read a book. It is really fun for you. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book My House Burned Down and Now I Can See the Stars: Reflections on Losing and Finding it doesn't matter what good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to create this book you can buy typically the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to cover but this book offers high quality.

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