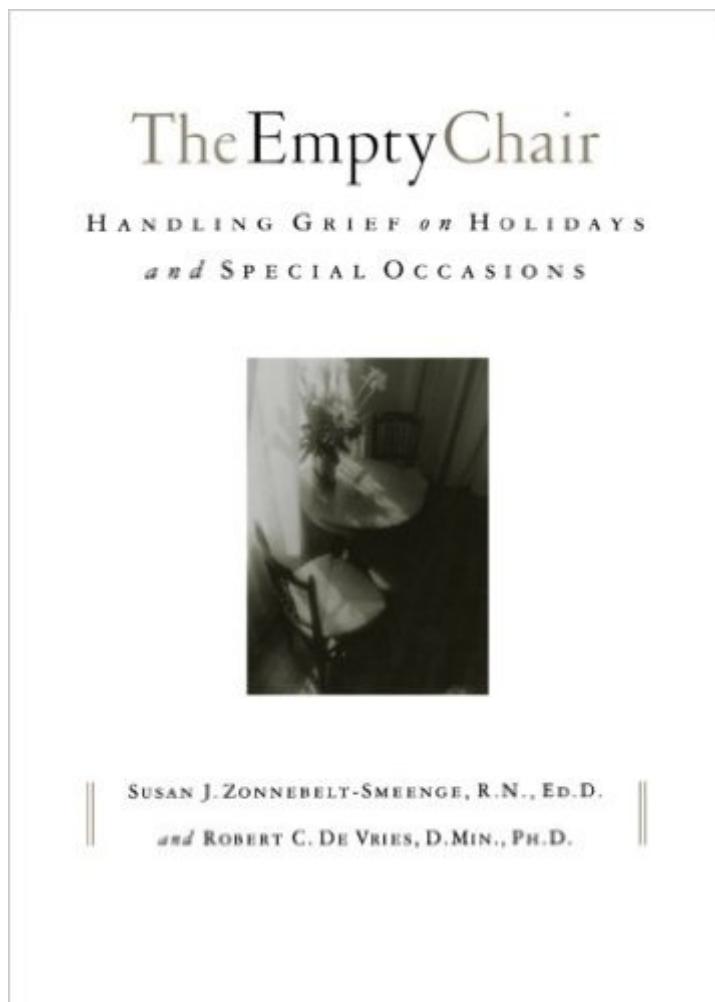


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# The Empty Chair: Handling Grief On Holidays And Special Occasions



## **Synopsis**

Losing a loved one whether a spouse, parent, child, sibling, or friend leaves people feeling overwhelmed and hopeless. Holidays and other special occasions seem to intensify the pain. Whether the occasion is Christmas or Easter, a birthday or anniversary, these celebrations force the bereaved to again face the reality of a loved one's absence. Susan Zonnebelt Smeenge and Robert C. De Vries know first hand the sorrow of bereavement: Both lost a spouse. Yet as they faced their pain and gleaned insights from their professions Susan is a psychologist, Robert, a minister they found renewed richness on special days that once brought heartache. In *The Empty Chair*, the authors share a comforting blend of emotional support, spiritual guidance, and personal experience to help readers honor their loved one on important days. Those who support the bereaved mental health professionals, pastors, funeral home staff, and others will also appreciate this book for its reflective yet practical approach.

## **Book Information**

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## **Customer Reviews**

This is a wonderful easy read that helped me through a difficult time. I thought that I had completed the grieving process for my father, but realized that during the Holidays I would get really down. After reading *The Empty Chair*, I realized that what I was going through was normal, and needed to deal with those emotions. Since reading this book, I have learned how to enjoy the Holidays and remember the good times with my father instead of resenting and grieving that he is not there to share those special times. If you know of anyone who just lost someone close to them this is an excellent gift.

This book is an excellent tool for ritualizing loss in any situation, especially during the holidays. It offers an effective format to simply state what you may be holding back while sitting around the holiday dinner table or gathering around the Christmas tree or at a family reunion. It is often hard to spontaneously say that we miss the person who is no longer there, whether it be from death or divorce, that there is an empty spot in our hearts. You may get choked up while going through the suggested format, but it can be extremely healing.

I read it (and about 20 others) when I became an instant widow. Other 20 became library donations for "How to Be a Good Widow" and concomitant grief. This one I kept, recently gave to another widowed instantly, bought for my Kindle. Short, sweet messages. I had been part of their monthly widow/widower meetings with food (a funded study) and a day-long workshop. My family isn't close, late husband's family doesn't perceive my need to still be in their midst becuz I had moved from area (even left out of one parent's obit, the other's willâ |petty, but shows what I need, they don't have). Valuable even if you, too, have family afar and only your own chair at the table.

Wow, I'm glad I'm a Christian because they really beat you over the head with the your-relationship-with-God stuff. I really didn't expect that from the description of the book. The advice is probably okay, if a bit too thin, though.

This is a must read for anyone who has lost someone and is experiencing their first holidays without a loved one. The book provides many practical ideas for ways to integrate the loss of a special person into the holidays. It also helps explain why you may not want to go out and do the holiday parties circuit after losing a loved one and how to tell people you are not up to it this year. I highly recommend this for all who have lost someone they loved and are looking at the holidays with a heavy heart.

I was given this book when my husband died a few years ago and it helped me immensely. I buy them now to give to those who have lost a spouse or other loved one. It is understanding, realistic, and encouraging. Very well written!

This book is a most informative edition of how to look back, place our memories in proper perspective and move forward. Very educational, based on christian principles and easy to

understand and follow. A great tool in healing

If you are grieving the loss of someone this is a must read. It took me thought a very difficult time this year. I have bought many copies of this book and shared it with my friends because it really helped my make it through the holidays. A awesome book.

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The Empty Chair: Handling Grief on Holidays and Special Occasions RECIPES:THAI FOOD: VEGE-THAI-RIAN: MOUTHWATERING THAI VEGETARIAN RECIPES (Vegan, Vegetarian Quick Easy Reference): Child Approved Simple Recipes, Fusion ... Special Diet Special Occasions) Baked Occasions: Desserts for Leisure Activities, Holidays, and Informal Celebrations Towel Wrap Techniques for Handling Cats with Skill and Ease (Low Stress Handling Seminar) Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) Hungarian Dessert :KĂ rtĂ's KalĂjcs Or How To Make Hungarian Chimney Cake, Secrets and recipes for the perfect chimney cakes (Traditional Dessert, Transylvanian ... Special Occasions, Wedding Dessert) Best of Bridge Holiday Classics: 225 Recipes for Special Occasions (The Best of Bridge) Chair Caning and Seat Weaving: Storey Country Wisdom Bulletin A-16 First Chair Clarinet Solos: Orchestral Excerpts Book And CD The Complete Guide to Chair Caning: Restoring Cane, Rush, Splint, Wicker & Rattan Furniture The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Rashad's Ramadan and Eid Al-Fitr (Cloverleaf Books - Holidays and Special Days) Chelsea's Chinese New Year (Cloverleaf Books - Holidays and Special Days) Circle Time Book for Holidays and Special Occurrences Throughout the Year Voices of Torah: A Treasury of Rabbinic Gleanings on the Weekly Portions, Holidays and Special Shabbatot A Guide to Elegance: For Every Woman Who Wants to Be Well and Properly Dressed on All Occasions Gift Basket Design Book: Everything You Need To Know To Create Beautiful, Professional-Looking Gift Baskets For All Occasions Making Classic Wreaths: Designing & Creating for All Occasions Decorating with Flowers: A Stunning Ideas Book for all Occasions

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