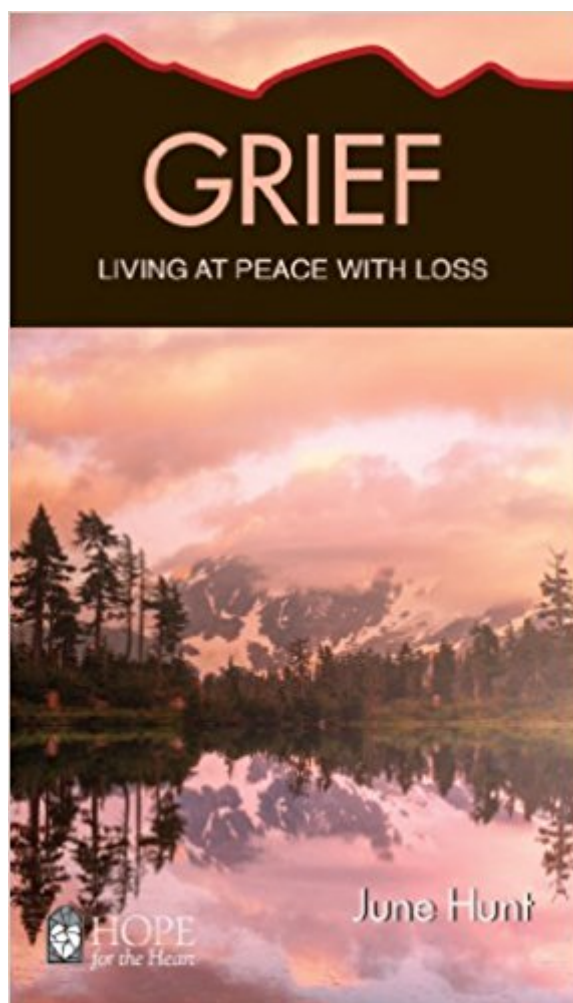


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# Grief [June Hunt Hope For The Heart Series]



## Synopsis

How do you cope when a deep or tragic loss leaves you feeling empty, angry, or alone? Healing is a journey, and while there are no shortcuts through the process of grief, God promises not to leave you in the valley of despair. June Hunt has counseled those who grieve for over 25 years, and this book will gently and truthfully lead you through the mourning process and into joy once again. There are all types of grief; from the normal expression you feel when something tragic and unexpected happens, to chronic grief and repressed grief. This Christian book will help you determine what may have caused grief in your life and help you on the steps to recovery. Learn what grief work is and how it can help you commit to working through difficult grief and the stress that goes along with it. The effects of not experiencing healthy grief work may result in becoming isolated, insulated, inverted, immortalized, and denying your grief altogether. In the section titled, Steps to Solution, June Hunt gives you practical advice on how to: Navigate through the Stages of Grief Resolve Grief Caused by True Guilt Move from Crisis to Contentment Let Go, Say Goodbye, and Find Peace Encourage Others to Overcome Loss As you place your seasons of sorrow in God's hands, He promises to take you from sadness to strength, from pain to peace, and from darkness to the dawn of a new day. Experience God's peace for today and His hope for a vibrant, happy tomorrow. Look for all 25 of the Hope For The Heart mini-books These books are for men and women who are seeking restoration from circumstances like codependency, anger, conflict, verbal & emotional abuse, and depression. Paperback, 96 pages, 4 x 7 inches.

## Book Information

Series: Hope for the Heart

Perfect Paperback: 96 pages

Publisher: Rose Publishing (May 3, 2013)

Language: English

ISBN-10: 1596366575

ISBN-13: 978-1596366572

Product Dimensions: 3.9 x 0.3 x 6.9 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 155 customer reviews

Best Sellers Rank: #239,247 in Books (See Top 100 in Books) #246 in [Books > Christian Books & Bibles > Christian Living > Death & Grief](#) #423 in [Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery](#) #47385 in [Books > Religion & Spirituality](#)

## Customer Reviews

After decades of counseling men and women from all walks of life, June knows how to lead readers to truth truth that liberates because it is truth from God. --Kay Arthur, Co-founder of Precept Ministries International, and author of *When the Hurt Runs Deep-Healing and Hope for Life's Desperate Moments* Those of us who have had to forgive the unforgiveable will find June's materials to be tremendous filled with hope and healing. She speaks from the heart with truth, directly to your broken soul. --Stephen Arterburn, Founder of New Life Ministries and author of *Healing Is a Choice* June Hunt has been addressing the root issue for hurting hearts as long as I have known her. God has given her insightful sensitivity not only to identify human problems, but also to uncover biblical solutions. She has done it for me more than once! All who have hurting hearts or who minister to wounded spirits need to read her resources. --Dr. Dorothy Kelley Patterson, Professor of Theology in Women's Studies, Southwestern Baptist Theological Seminary Those of us who have had to forgive the unforgiveable will find June's materials to be tremendous filled with hope and healing. She speaks from the heart with truth, directly to your broken soul. --Stephen Arterburn, Founder of New Life Ministries and author of *Healing Is a Choice* June Hunt has been addressing the root issue for hurting hearts as long as I have known her. God has given her insightful sensitivity not only to identify human problems, but also to uncover biblical solutions. She has done it for me more than once! All who have hurting hearts or who minister to wounded spirits need to read her resources. --Dr. Dorothy Kelley Patterson, Professor of Theology in Women's Studies, Southwestern Baptist Theological Seminary Those of us who have had to forgive the unforgiveable will find June's materials to be tremendous filled with hope and healing. She speaks from the heart with truth, directly to your broken soul. --Stephen Arterburn, Founder of New Life Ministries and author of *Healing Is a Choice* June Hunt has been addressing the root issue for hurting hearts as long as I have known her. God has given her insightful sensitivity not only to identify human problems, but also to uncover biblical solutions. She has done it for me more than once! All who have hurting hearts or who minister to wounded spirits need to read her resources. --Dr. Dorothy Kelley Patterson, Professor of Theology in Women's Studies, Southwestern Baptist Theological Seminary

June Hunt, M.A. Criswell College, is a biblical counselor whose award-winning radio program "Hope for the Heart" is heard on 900 radio outlets around the world. For more than 25 years, she has counseled people, offering them hope for today's problems. June has helped many people with emotional, relational, and spiritual problems experience God's love through biblical hope and

practical advice. Early family pain was the catalyst that shaped June's compassionate heart. Later, as a youth director, she became aware of the need for sound biblical counsel. After years of teaching and research, she developed a scripturally based counseling course covering topics such as marriage and parenting, depression and anger, stress and suicide. These topics are now available as the Aspire Press "Hope for the Heart" booklets. "Hope from the Heart" is a half-hour teaching broadcast on these important topics in more than 60 countries on 6 continents. "Hope in the Night" is June's live two-hour call-in counseling program that helps people untie their tangled problems on air. Through her warmth, wisdom, and gentle candor, June prompts penetrating dialogue with listeners, often with life-changing results. "Hope for the Heart" booklets have been published in 27 languages in several formats and are being translated into more. June is a popular guest professor at colleges and seminaries and a sought-after speaker at conferences and religious broadcasting events. She teaches and speaks around the world on topics such as crisis counseling, child abuse, wife abuse, forgiveness, singleness, and self-worth.

Internationally known Christian radio icon June Hunt has carefully laid out feelings associated with rejection along with statements and questions by which one can use to evaluate if they are living for the approval of others. The clear signs and symptoms presented will help the reader grasp a better understanding of themselves leading to strategies that will replace wrong beliefs and self talk with positive affirmations. Hunt's years as a Biblical counselor reflects the realities of rejection with the following statement: "One obvious assault that rejection makes on your soul is an altering of your self-perception and the inevitable insecurities that seem to arise out of nowhere when someone painfully turns away from you." These very applicable strategies will include Scriptures to meditate on and ways to combat the negative self talk. As she leads one to reach out toward others with conversation starters, the aim is to experience the positive effects of mutual validation. This excellent booklet will serve well in anyone's library collection as it is a resource that can be referred to over and over and passed on to others. June Hunt has a multitude of Biblically based booklets aiding you in your Christian walk toward restoration, emotional health and spiritual freedom.

Review of Friendship: Iron Sharpening Iron by June Hunt There are many books on the topic of friendship, however this is one of the best I have read. It is concise, easy to read, and Biblically sound. I love that the author uses the story of David and Jonathan as an example of a healthy, loving and sacrificial relationship looks like. As a pastor and counselor, I have seen my share of

people who have codependent friendships and the fact that the author covers this topic is a plus. Not only does the author define what a healthy and unhealthy relationship looks like, she also defines the various types of friendships. This is a book that I would highly recommend to those I counsel (for individuals study) as well as those in a small group setting. I love the fact that the author includes a section that gives solutions on "how to do relationship. This book is loaded with plenty of scripture references, memory verses, and prayers to help the reader understand how to have meaningful and God honoring friendships. An excellent read for anyone whether you have healthy relationships or not. An excellent resource for everyone. I have received a free copy of this book in exchange for an honest review.

This is a must read for anyone who still holds onto things of their past from dysfunctional family life. Insightful, opens doors otherwise shut for different reasons and personal choices. Insightful and thought provoking to say the least.

This "Rejection" June Hope for the Heart Series" will give me more helpful insight on dealing with very sensitive topic on being feeling rejected by someone or a group.

Very helpful. Could have been a bit deeper. But it makes a good place to start.

I should have bought the entire series!! I appreciate the short format, definitions, and straight forward approach of June Hunt's writing. I also appreciate portions in the book to apply what we have read into our lives.

This little book gives powerful Scriptures to combat the war on the soul for those of us who have been rejected, constantly battle the scars of rejection, or to pray for those who are or have been rejected. Simple and yet powerful.

I cannot say enough good about this author's books. Where the psychologist leaves off, God begins. This author combines counseling and Jesus Christ. Could there be a better combination? ..... Nope

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GRIEF AND LOSS: THE FIVE STAGES OF GRIEF AND HEALING TECHNIQUES USED FOR SUPPORTING SOMEONE WHO JUST LOST A LOVE ONE (FREE EBOOK INSIDE) (Grief

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