

From Grief to Acceptance: An Active Process for Healing While Honoring Our Loved Ones

Misty Thompson

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From Grief to Acceptance is a comforting text that paves the way toward healing from loss.

Misty Proffitt-Thompson's active, empowering, and healing *From Grief to Acceptance* suggests steps for navigating the grieving process while honoring loved ones who passed away.

When her twenty-three-year old sister was murdered, Proffitt-Thompson became a twenty-year prisoner of grief. She veered from uncontrollable tears and bouts of anger to suppressing her feelings, and nothing seemed to help. She often felt like she was grieving the wrong way, and that brief moments of acceptance meant that she was not honoring her sister's memory. In this revealing book, she argues that choosing to play an active role in grieving can lead to self-empowerment and healing.

This is a new, heart-centered, and liberating approach to grief. It goes beyond the Kübler-Ross model to facilitate deep inner transformation through its "Five Encouraging Phases of Grief": choosing love over fear; vulnerability over shame; compassion over judgment; forgiveness over resentment; and gratitude over guilt.

Respectful of how personal grief is, the book emphasizes that there is no wrong way to grieve, and no set timetable to complete the process. Strong, gentle, and encouraging, it opens a new perspective on death that's based in love rather than fear. Revealing intimate and moving details of the conflicted relationship between Proffitt-Thompson and her sister, the book illuminates a path to healing for those who may have lingering issues with the choices made by their deceased loved ones, especially when those choices led to their deaths and to the pain and suffering of family and friends.

The book declares that all humans have the natural ability to receive communication from departed loved ones, clarifies what may be standing in the way, and shares how simple shifts in attitudes and awareness open the intuition to recognize subtle signals from the departed. This argument for communication is made more believable by descriptions of Proffitt-Thompson's own contact with her deceased sister. Affirming that death is not final, but meaningful, with powerful lessons meant for good, the book is an excellent source of comfort for those who suffer and feel alone.

Written in accessible language and in a compassionate, conversational tone, the book is effective in teaching its concepts and practices. Its information is both intellectually stimulating and emotionally satisfying, and while it is often based in Proffitt-Thompson's own experience of grief and her experiences as a psychic medium and counselor, several other helpful books are also mentioned for further study.

Designed as a companion text for the grieving process, the book's thoughtful and effective exercises in mindfulness and journaling help to navigate healing, together with suggestions for actions that can be taken with family and friends now in order to avoid future regrets.

With its assurance that death is not final, *From Grief to Acceptance* is a comforting text that paves the way toward

healing from loss.

KRISTINE MORRIS (May 14, 2019)

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