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## Crossing the Bridge (Paperback)

By Sydney Barbara Metrick Ph.D.

Apocryphile Press, United States, 2006. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Loss is an inevitable part of life. The loss of a job, a home, a loved one, or a cherished pet can have a devastating impact. Ritual and creative expression offer ways to process grief and honor the value of that which has been lost. CROSSING THE BRIDGE examines the wide range of responses to loss and guides the reader through the five stages of creating a healing ceremony: intention, planning, preparation, manifestation, and incorporation. Personal stories and examples illustrate how grief may be addressed and transformed. By understanding loss, the rhythms and cycles of living can be embraced and our lives attain a deeper meaning.



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