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Losses in Later Life: A New Way of Walking with God, Second Edition

Richard L Dayringer, R Scott Sullender

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Achieve faith and understanding when dealing with the loss of a loved one or a major change in your life!Losses in Later Life: A New Way Of Walking with God, Second Edition, focuses on seven major losses: loss of youth, loss of family, loss of parents, loss of work, loss of spouse, loss of health, and loss of identity. This second edition has been reworked with new research to include updated information about the loss of independence and several additional losses not discussed in the previous edition. You will explore the path to becoming a spiritually mature person who has faith and is able to grieve, let go, and release what is lost in order to live a mentally healthy and rewarding life.With this valuable book, you will explore the issues of losses in later life from an approach that integrates psychology and spirituality to help you understand that loss is an inevitable and significant factor in the lives of people over the age of 40. Discussing the dynamics of loss and grief and defining spiritual health, Losses in Later Life examines the seven most common losses of the second half of your life from a positive perspective. Some of the areas you will read about include:

- spiritual health and grief
- the process of grieving
- abnormal and unhealthy grief such as worshipping a deceased person or other loss in a way that mimics the worship of a god
- marker events such as changing careers, the loss of dreams, and the loss of youth
- feeling you have a limited amount of time left
- finding new meanings of “old” and learning to embrace the present
- spiritual and psychological understanding for the loss of children to death or adulthood, the loss of parents, and the loss of a spouse

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Alberta Jones:

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Regina Hash:

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