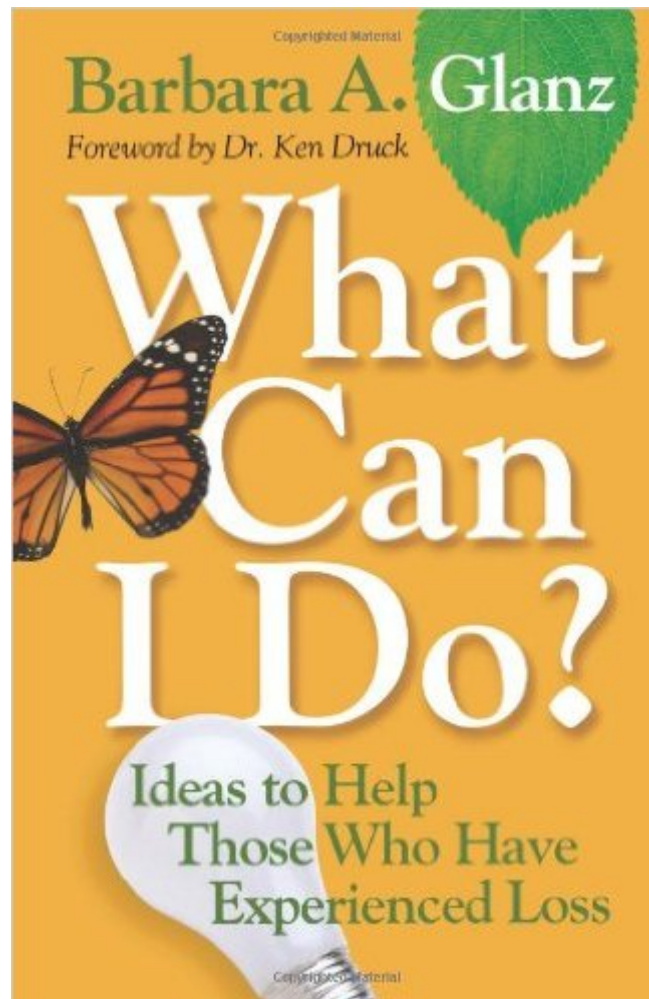


The book was found

# What Can I Do?: Ideas To Help Those Who Have Experienced Loss (Lutheran Voices)



## Synopsis

Barbara A. Glanz knows grief from personal experience. Her son died at a very young age and her husband of many years died recently. Although the ideas in the book come primarily from people who have lost a loved one, most of the ideas are applicable to any kind of loss: the loss of a job, a divorce, the loss of a relationship, the loss of a pet, the loss of health, a move, or desertion. Written for the person who wants to help the one who is grieving, this book is filled with immediately practical ideas as well as long term, specific ways to help someone move from grieving to growth, and eventually to cherishing good memories.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

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## Customer Reviews

Our hearts reach out to those who have experienced a death or loss. In love and concern I try to be there for the grieving. At times I need reminders of simple ordinary ways to help. What Can I DO? by Barbara Glanz caught my attention at a book display at a diocesan conference. I hoped to just add it to my shelf of resources. At our next parish Bereavement committee meeting I brought it to the meeting and used a prayer out of it. I offer all the bereavement resources to the committee for review. After a brief reviewing each member asked for a copy of their own. It is like a handbook of ideas, prayers and reflections on grief. After 15 years of working with loss and grief I was pleased to find some new ideas. Thanks to I was able to get multiple copies without needing to pay postage. Excellent hands on resource for those who minister to the grieving.

So often we want to reach out and do something to help those we care about get through a difficult time, but we don't know what to do. As author of *Beyond Casseroles: 505 Ways to Encourage a Chronically Ill Friend (Conquering the Confusions of Chronic Illness)* (Conquering the Confusions of Chronic Illness) I tried to put these into a simple list format for people to flip to a page and get an idea. Barbara Glanz has done a wonderful job of explaining the process behind some of these ideas and also sharing stories that show why such a small action can have an amazing impact on a person's life. Since it's nearly Christmas as I write this, I flipped to the Christmas section and enjoyed reading about the unique ideas such as a Christmas box of gifts that people can open leading up to the holiday. When it comes to serving the chronically ill, just feeling like you are remembered is an amazing gift in itself. Despite the fact that I wrote a book on the same topic, this book, "What Can I Do?" is one that I will always have on my own bookshelf to refer to. Thanks, Barbara, for an excellent resource that will always be needed and that everyone should own! Lisa Copen, Director, Rest Ministries, Inc. A Christian organization serving the chronically ill

Written by certified speaking professional Barbara A. Glanz, *What Can I Do?: Ideas to Help Those Who Have Experienced Loss* is a guide to comforting friends, family members, acquaintances, and anyone else in one's life who has experienced the crushing loss of a loved one. Chapters offer practical advice and heartfelt recommendations, from ways to celebrate the life of the person who passed on to creating traditions that keep memories of loved ones alive. "When someone is grieving, they have no thought of themselves; they are simply in survival mode, so doing something that brings them joy and focuses simply on them is a precious gift. Present them with a gift certificate for a massage, facial, manicure, or pedicure to help soothe their soul and brighten their spirits." Though there are occasional religious references, *What Can I Do?* is an inclusive, highly recommended guide intended for readers of all Christian denominations and all backgrounds.

I read this book after my 29-year old daughter's husband died suddenly from a heart attack after 7 1/2 months of marriage. Our entire family was hurting. In an effort to be as much help as possible, I ordered a copy of *What Can I Do?* for each of my other three children to read. We found it extremely helpful. I would highly recommend it to anyone who truly wants to make a difference.

Lots of specific ideas, stories, poems and inspiration for those of us who don't know what to say or do when someone we care about is suffering a loss.

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What Can I Do?: Ideas to Help Those Who Have Experienced Loss (Lutheran Voices) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) The 1693 Census of the Swedes on the Delaware: Family Histories of the Swedish Lutheran Church Members Residing in Pennsylvania, Delaware, West New Jersey & Cecil County, Maryland 1638-1693 Religious Reading in the Lutheran North: Studies in Early Modern Scandinavian Book Culture Those Who Leave and Those Who Stay: Neapolitan Novels, Book Three Why Do Christians Shoot Their Wounded?: Helping (Not Hurting) Those with Emotional Difficulties (Not Hurting Those With Emotional Difficulties) Thai Cooking: The Ultimate Thai Cooking Cookbook with Experienced Chef: Enjoy The Top Rated Recipes Ada for Experienced Programmers (Addison-Wesley series in computer science) ACLS for Experienced Providers - The Reference Textbook ACLS Resource Text for Insturctors and Experienced Providers: Professional Honoring Those Who Paid the Price: Forgotten Voices from the Korean War The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment)

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