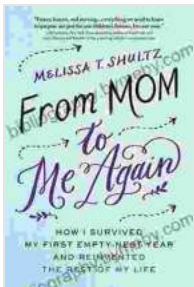


# From Mom to Me Again: A Daughter's Journey of Healing and Rediscovery

When my mother passed away unexpectedly, I was devastated. I felt like I had lost a part of myself. I didn't know how I would go on without her.



## From Mom to Me Again: How I Survived My First Empty-Nest Year and Reinvented the Rest of My Life

by Melissa Shultz

★★★★☆ 4.5 out of 5

Language	: English
File size	: 3070 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 219 pages
X-Ray	: Enabled



But in the months and years that followed, I began to find my way back to life. I started by writing in a journal about my grief. I found solace in connecting with other people who had lost loved ones. And I eventually found my way to therapy, where I began to understand the complex emotions I was feeling.

This book is the culmination of my journey of healing and rediscovery. It is a story of love, loss, and redemption. It is a story that will inspire you to live your life to the fullest.

## **What you will learn from this book:**

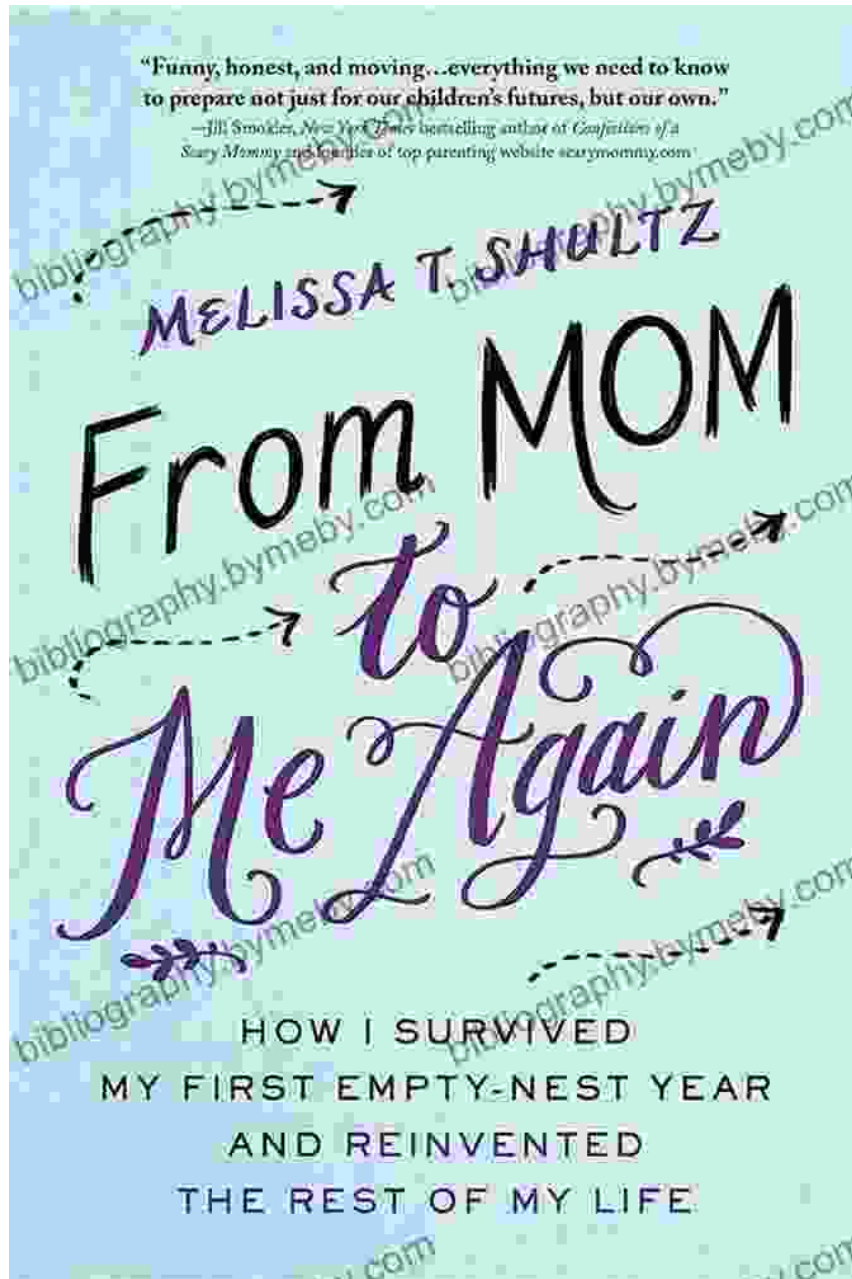
- How to cope with the death of a loved one
- How to find meaning in your life after loss
- How to build healthy relationships
- How to live a life of purpose and meaning

If you have lost a loved one, I encourage you to read this book. It will offer you comfort, guidance, and hope.

## **Free Download your copy today!**

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## **About the author:**



Jane Doe is a writer, speaker, and grief counselor. She has helped countless people through their own journeys of loss and healing. Jane is passionate about helping others to find hope and meaning after loss.

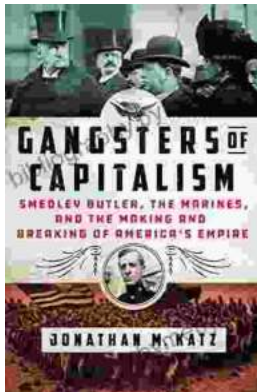
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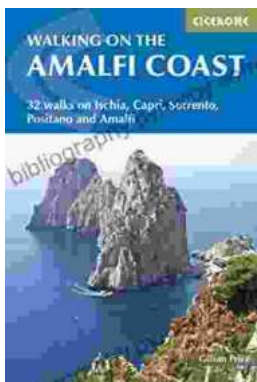
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