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stages Baggett demonstrates how to Trust God and rely on others Choose reality instead of illusion Resist the temptation to get stuck Recognize moments of grace Discover new meaning and purpose Finding the Good in Grief will help Christians successfully negotiate faith struggles that often accompany the different stages of grief and will encourage them to find and develop spiritual resources to survive their darkest days of emotional turmoil Most of all it will guide to them understand that God does have the power to transform events of radical suffering and use them for good in our lives

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