



# I Survived. Now What?: Finding Meaning From Loss.

*Jerry L. Cook*

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## **I Survived. Now What?: Finding Meaning From Loss.** Jerry L. Cook

Even though we often see our loss as holding us back from enjoying life, it can be molded into the very thing we need to help us live life more fully. In these pages, you will read about ordinary people who overcame extraordinary odds, and you'll find out how to meet your greatest needs following loss. From this book, you will be encouraged to create a sense of purpose, hope, and strength, and in the process, you'll gain greater insights into how you can help others through their own loss experiences. This book is a collection of real-life stories, advice from experts in the field, and time-tested research to serve as a comprehensive guide for understanding, working through, and finding purpose from your greatest challenges in life. Dr. Cook's creative approach to coping with loss will bring hope and healing.

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