

# Loss and Self Discovery

**HOST:**  
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**Most of us believe loss is a terrible thing.**

# **Early Social Training: Taught to please others.**

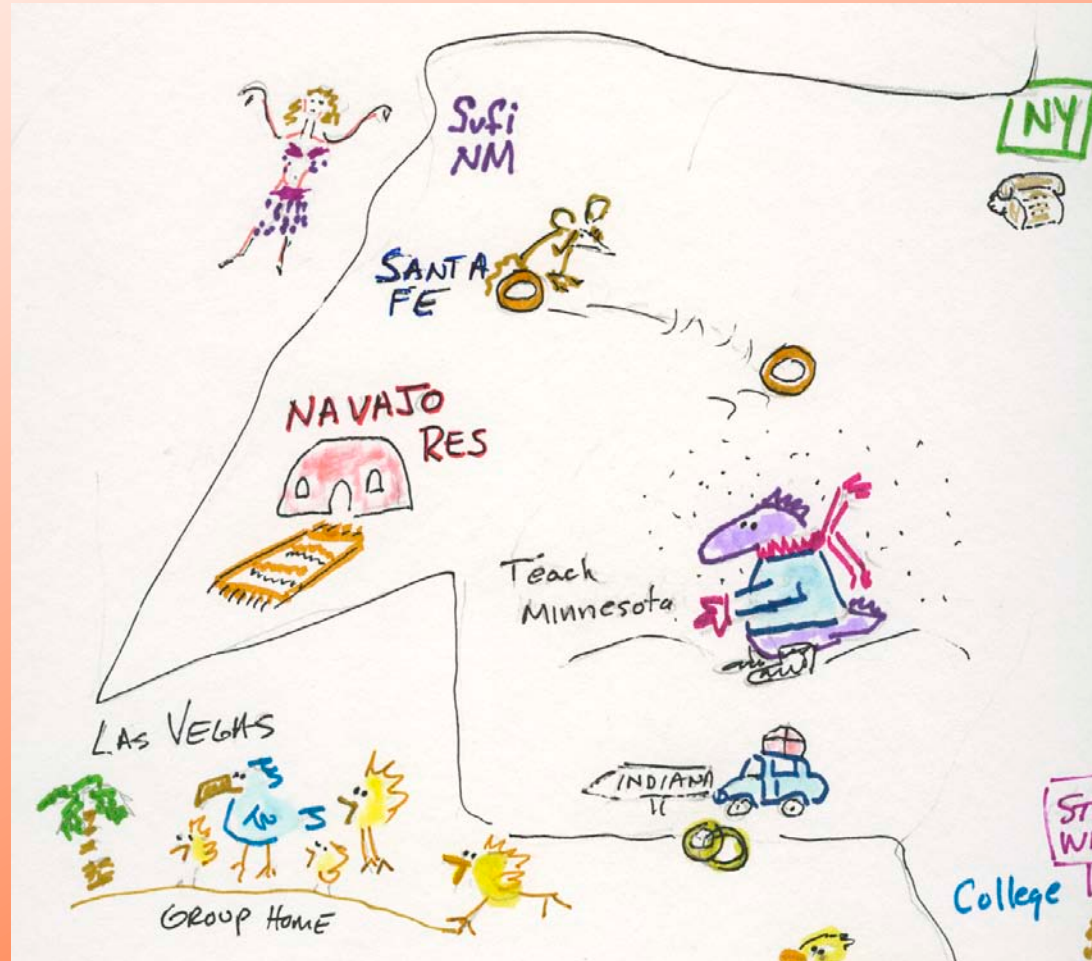




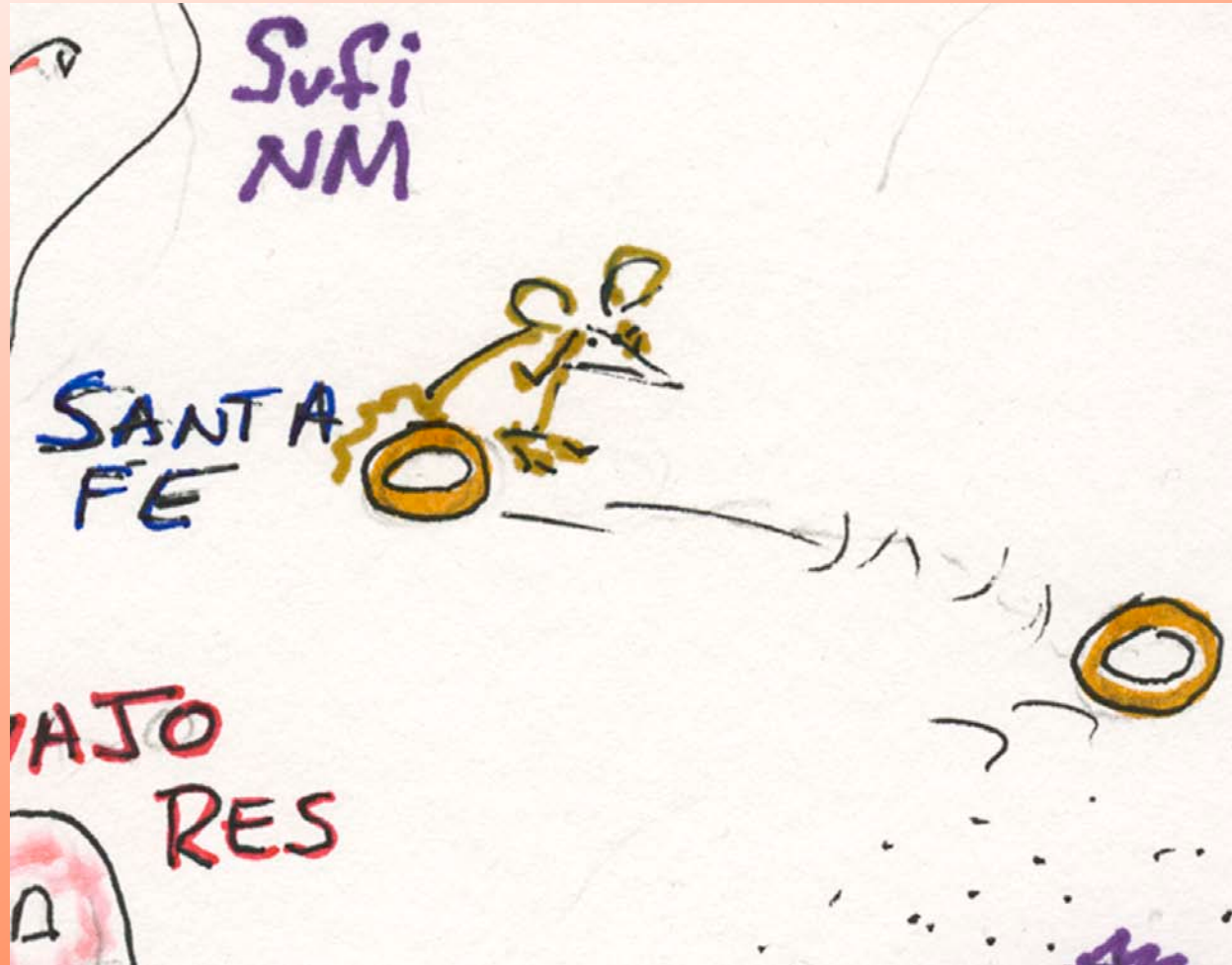
## First Major Loss: Career Plan



**How I handled this loss. . .**



# Map of Successive Job Loss

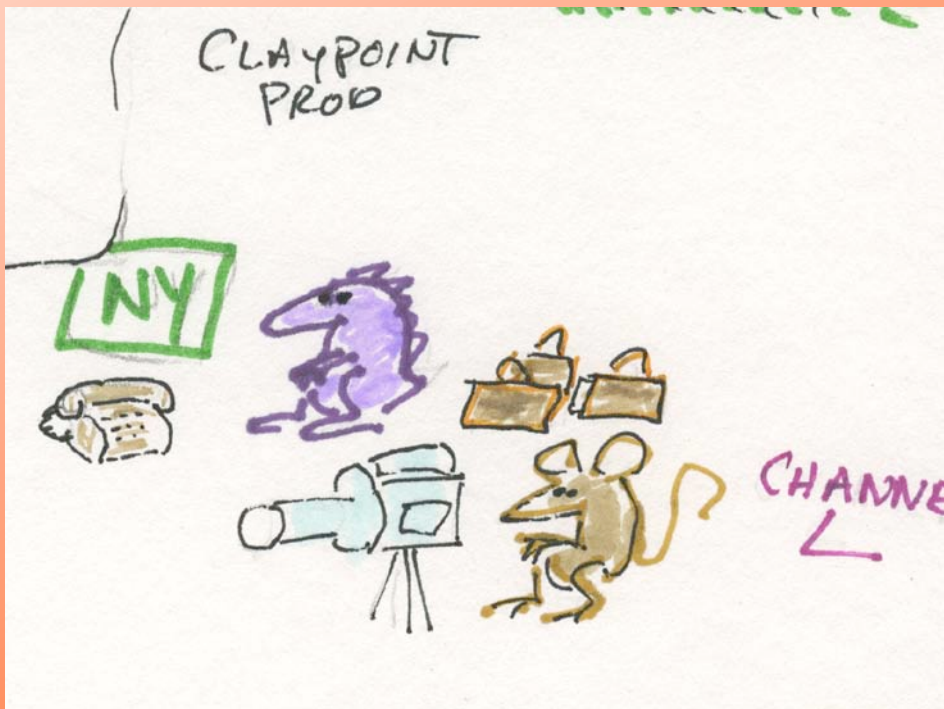


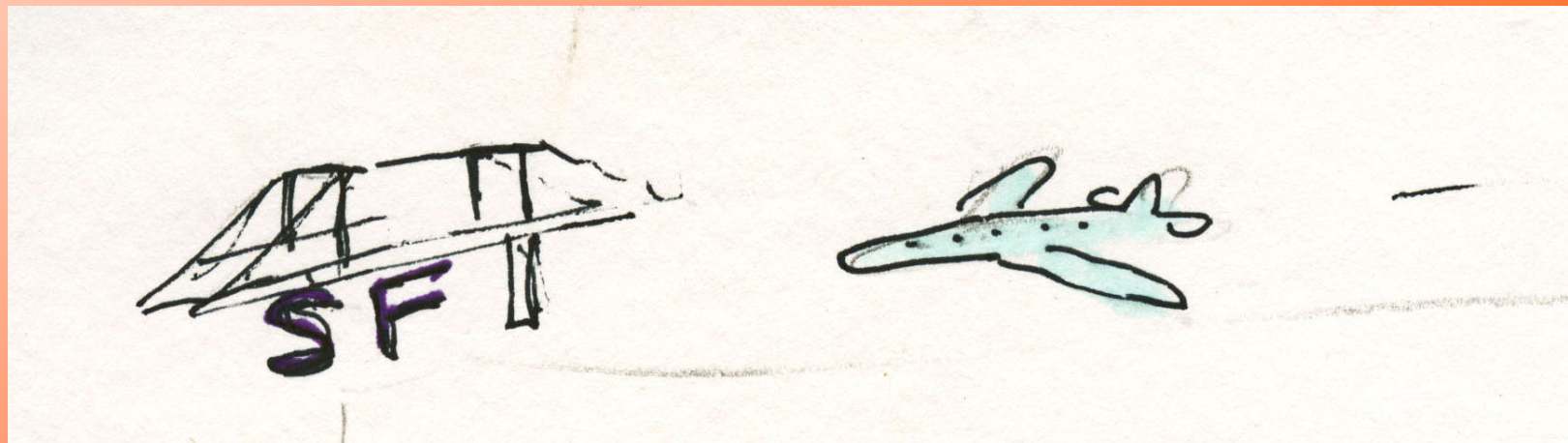
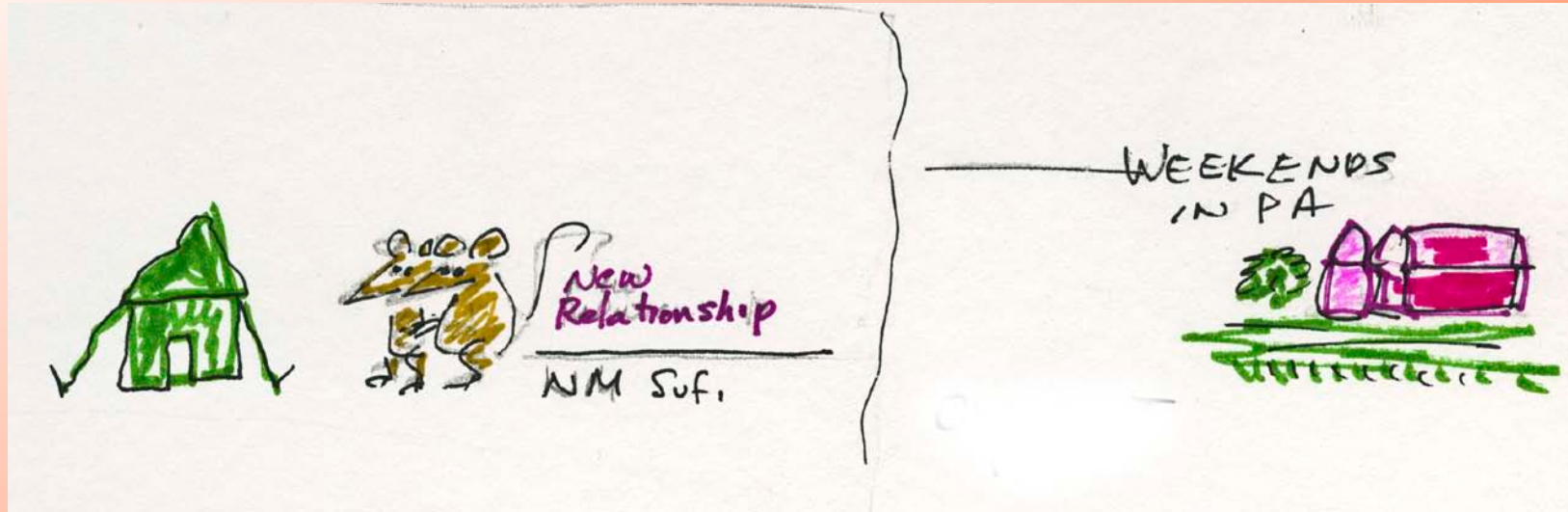
## Second Major Loss: Divorce



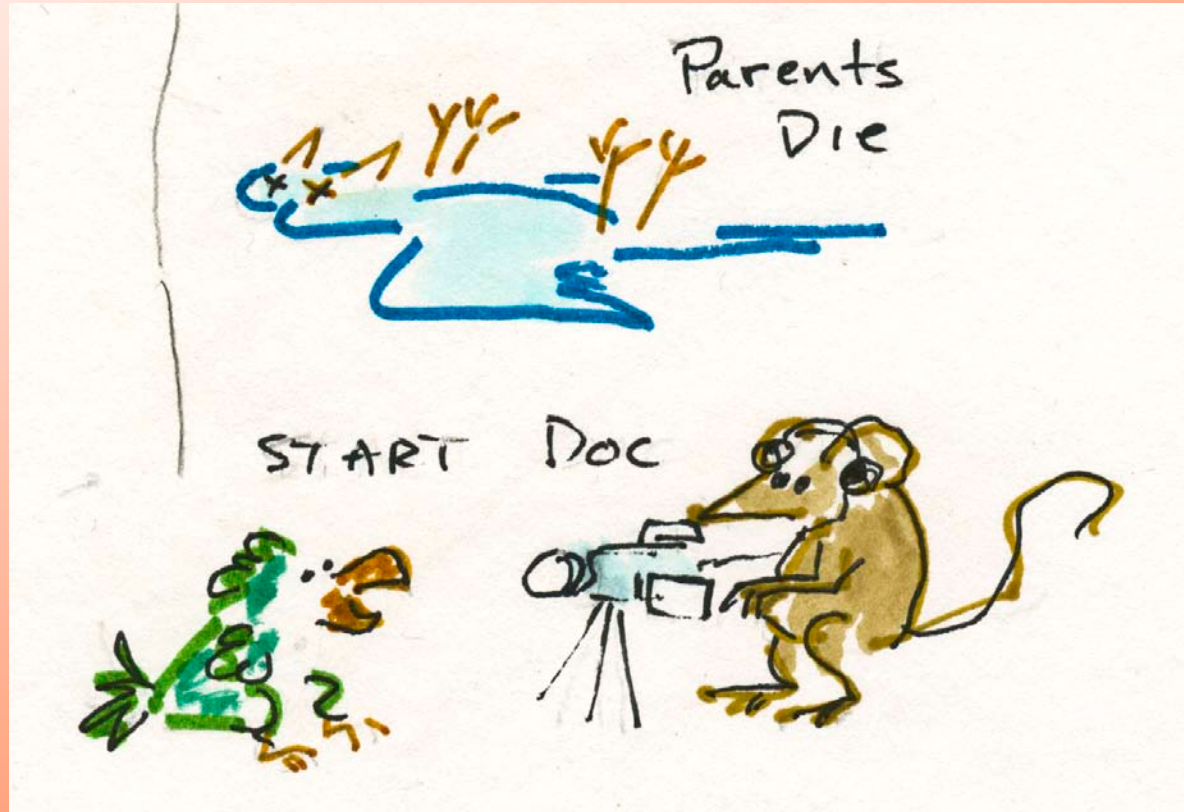
**Response to Loss: Back to family.**

# Discovery: What do I want?





**New Relationship More Discovery  
and Change**



## Third Big Loss: Parents' Die Leads to Documentaries on Death



## **Four Loss: Economic Security**



**The Economic Pressure is on.**



**Despair over what to do.**

# The Magical Marketer Appears



# The Gremlins Appear



# Secrets OF LIFE AND DEATH



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*Are you suffering from the loss of someone dear?*

*Do you feel immobilized by thoughts  
about death and dying?*

*Are you exhausted and at your wits end  
from the care of a dying loved-one?*

Are you surrounded by people who avoid, deny or demonizes death? Do you feel confused, frightened, and feeling abandoned in dealing with the physical, emotional and spiritual challenges of dying, caregiving or grief? You are not alone.

Death is one of the best-kept secrets of our time. Death is also one of the best opportunities of your life! Death shatters the rhythm of daily life. In the frightening chaos that follows in its wake, there is a unique opportunity for discovery and transformation.

## Essentials FOR GRIEVING WELL

go



## A New Website is born!



Old Website Retires

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## Branding from the heart!



**What loss taught me about self . . .**

# **Allow Loss to S E R V E**

- **S – Surrender**
- **E – Explore**
- **R – Reframe**
- **V – Vision**
- **E – Engage**

# What I've also learned . . .

- ❖ Get support.
- ❖ Invest in yourself.



*[www.secretsoflifeanddeath.com](http://www.secretsoflifeanddeath.com)*