

Tear Soup A Recipe For Healing After Loss

Our Friendship Rules | Will Remember You | Soup Day | From Grief to Grace | The 7 Habits of Happy Kids | The Memory Book | Bar Tartine | But I Didn't Say Goodbye | The Next Place | Tear Soup | The Invisible String | The Well Plated Cookbook | A Grace Disguised | What's Heaven? | The Secret of the Dragonfly | Waiting for Baby | Forever Ours | The Saddest Time | Bug Soup | When Someone Dies | Lidia's Favorite Recipes | Creative Interventions for Bereaved Children | Jesus Wept | My Secret | The Hormone Fix | Tear Soup Cooking Tips | Till We Meet Again | Cold Noses at the Pearly Gates | Stone Soup | It Will be Okay | Always Too Soon | The Scar | Healing After Loss | Silly Sally | Grief Is a Mess | Two Peas & Their Pod Cookbook | Lidia's Italy | Experiencing the Loss of a Family Member | When a Pet Dies | The Memory Box

Our Friendship Rules

"As women approach the age at which they stop having their monthly period, many start to experience the physical and emotional indignities of hormonal fluctuation and an ensuing "metabolic stall." The result: hot flashes, night sweats, insomnia, weight gain, memory loss or brain fog, irritability, and discomfort during sex. Many women are resigned to accept these changes now and for years to come; some even agree to be unnecessarily medicated for their symptoms. But Dr. Anna Cabeca's research and experience with thousands of her patients shows that there is a unique diet combination and non-pharmaceutical lifestyle interventions that can dramatically alleviate these symptoms--forever! Pairing the

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hallmarks of ketogenic eating (very low carb, high fat) with foods and lifestyle changes that bring the body's pH to an alkaline level (and lower cortisol production), The Hormone Fix offers women everywhere an easy-to-follow, easy-on-the-body program to help thrive through menopause and beyond. It includes recipes, meal plans, stress-reduction advice, testimonials from real women, and a 10-day quick start guide to help women trim down, get off of meds, get fit, tap into unexpected energy levels, enhance intimacy levels, and completely revitalize their lives"--

I Will Remember You

Provides guidance and comfort for those recovering from the death of someone they know, offering suggestions for how to survive the grief and remember the good times.

Soup Day

Moonbeam GOLD Award Our Friendship Rules is a story of betrayal and forgiveness and a guidebook on relationships. A vibrant new cover and new backmatter suggesting the rules of an enduring friendship highlight this new edition of a Tilbury House children's classic. Kids are under a lot of pressure to fit in. Sometimes bowing to this pressure forces them to betray their own ideas of what is right and wrong. Alexandra and Jenny have been best friends for a long time, but when Alexandra is dazzled by a glamorous new girl at school, she's willing to do almost anything to be the cool girl's friend, including first shunning Jenny and then revealing Jenny's biggest, most important secret. Seeing the hurt she has caused and realizing how bad it feels to lose her best friend, Alexandra then seeks a way to regain the relationship that

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means far more to her than being invited to sit with the popular girls. Ultimately, she and Jenny write down the rules that will cement their friendship forever. **OUR FRIENDSHIP RULES** is both a lyrical story of forgiveness and a guidebook on relationships. Author Peggy Moss employs her training as a mediator and communication expert to provide a simple, sweet but instructive tale of how to get along. The evocative collage-paintings of Alissa Imre Geis further illustrate the many layers of personality. Her Alexandra will amaze you with her artistic eye, and her Jenny will make you smile with her practical sensibility as you see these best friends reconnect with the help of their friendship rules. Fountas & Pinnell Level O

From Grief to Grace

A guide to coping with loss includes personal stories of death and life from teens, advice from a renowned grief counselor, and creative exercises to help teens move through their pain.

The 7 Habits of Happy Kids

A steady best-seller and *The Invisible String* is reaching all over the World! OVER 400,000 copies sold! "That's impossible", said twins Jeremy & Liza after their Mom told them they're all connected by this thing called an Invisible String. "What kind of string"? They asked with a puzzled look to which Mom replied, "An Invisible String made of love." That's where the story begins. A story that teaches of the tie that really binds. *The Invisible String* reaches from heart to heart. Does everybody have an Invisible String? How far does it reach, anyway? Does it ever go away? Read all about it! **THE INVISIBLE STRING** is a very simple approach to

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overcoming the fear of loneliness or separation with an imaginative flair that children can easily identify with and remember. Here is a warm and delightful lesson teaching young and old that we aren't ever really alone and reminding children (and adults!) that when we are loved beyond anything we can imagine. "People who love each other are always connected by a very special String, made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love." Thus begins this heart-warming and reassuring story that addresses the issue of "separation anxiety" (otherwise known as the sense of existential 'aloneness') to children of all ages. Specifically written to address children's fear of being apart from the ones they love, The Invisible String delivers a particularly compelling message in today's uncertain times that though we may be separated from the ones we care for, whether through anger, or distance or even death, love is the unending connection that binds us all, and, by extension, ultimately binds every person on the planet to everyone else. Parents and children everywhere who are looking for reassurance and reaffirmation of the transcendent power of love, to bind, connect and comfort us through those inevitable times when life challenges us! Let's tell the whole world that we are ALL connected by Invisible Strings! Adopted by Military Library Services & Foster Care Agencies Recommended by Bereavement Support Groups and Hospice Centers

The Memory Book

Your Guide Through the Valley of Loss Losing a family member is one of life's most difficult experiences, and the weeks and months that follow such a loss can be

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overwhelming. Experiencing the Loss of a Family Member is a trustworthy companion for your journey through grief. With gentle honesty and wisdom, bestselling author and respected family therapist H. Norman Wright discusses topics, such as: · The World of Grief · The Loss of a Spouse · The Death of a Child · Parent Loss · The Death of a Sibling · The Death of a Friend · The Death of a Pet · And More You are not alone as you travel through the valley--God's Spirit, the Comforter, walks with you every step of the way. He will guide you toward true peace and renewed hope.

Bar Tartine

"The experience of loss does not have to be the defining moment of our lives", writes Gerald Sittser. "Instead, the defining moment can be our response to the loss. It is not what happens to us that matters so much as what happens in us". Sittser knows. A tragic accident introduced him to loss of a magnitude few of us encounter. But this is not a book about one man's sorrow. It's about the grace that can transform us in the midst of sorrow. For those experiencing loss, *A Grace Disguised* offers a compassionate, deeply affirming message of hope, richness in living, and joy not after the darkness, but even in the midst of it. Now in softcover.

But I Didn't Say Goodbye

A uniquely creative compilation of activities to help bereaved children express feelings of grief, diffuse traumatic reminders, address self-blame, commemorate the deceased, and learn coping strategies. Includes special activities for children dealing with the suicide or murder of a loved one. It covers a theoretical overview for practitioners, tips for caregivers and

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schools, and a ten-week curriculum for use in therapy or support groups. A must-have for grief counsellors, group facilitators, and school personnel.

The Next Place

While the death of a parent is always painful, losing both is life-altering. When author Allison Gilbert lost both parents at age 32, she could not find any books that spoke to her with the same level of compassion and reassurance that she found in the support group she belonged to, so she decided to write one of her own. The result is a sensitive and candid portrayal of loss that brings together experiences from famous and ordinary grief-stricken sons and daughters that explores the regrets, heartache and sometimes, relief, that accompanies pain and healing. *Always Too Soon* provides a range of intimate conversations with those — famous and not — who have lost both parents, providing readers with a source of comfort and inspiration as they learn to negotiate their new place in the world. Contributors include Hope Edelman, Geraldine Ferraro, Dennis Franz, Barbara Ehrenreich, Yogi Berra, Rosanne Cash, and Ice-T, as well as those who lost parents to the Oklahoma City bombing, the World Trade Center bombings, drunk driving, and more.

Tear Soup

In this exciting new book the incomparable Lidia takes us on a gastronomic journey—from Piemonte to Puglia—exploring ten different regions that have informed her cooking and helped to make her the fabulous cook that she is today. In addition, her daughter Tanya, an art historian, guides us to some of the nearby cultural treasures that enrich the pursuit of good food.

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· In Istria, now part of Croatia, where Lidia grew up, she forages again for wild asparagus, using it in a delicious soup and a frittata; Sauerkraut with Pork and Roast Goose with Mlinzi reflect the region's Middle European influences; and buzara, an old mariner's stew, draws on fish from the nearby sea. · From Trieste, Lidia gives seafood from the Adriatic, Viennese-style breaded veal cutlets and Beef Goulash, and Sacher Torte and Apple Strudel. · From Friuli, where cows graze on the rich tableland, comes Montasio cheese to make fricos; the corn fields yield polenta for Velvety Cornmeal-Spinach Soup. · In Padova and Treviso rice reigns supreme, and Lidia discovers hearty soups and risottos that highlight local flavors. · In Piemonte, the robust Barolo wine distinguishes a fork-tender stufato of beef; local white truffles with scrambled eggs is "heaven on a plate"; and a bagna cauda serves as a dip for local vegetables, including prized cardoons. · In Maremma, where hunting and foraging are a way of life, earthy foods are mainstays, such as slow-cooked rabbit sauce for pasta or gnocchi and boar tenderloin with prune-apple Sauce, with Galloping Figs for dessert. · In Rome Lidia revels in the fresh artichokes and fennel she finds in the Campo dei Fiori and brings back nine different ways of preparing them. · In Naples she gathers unusual seafood recipes and a special way of making limoncello-soaked cakes. · From Sicily's Palermo she brings back panelle, the delicious fried chickpea snack; a caponata of stewed summer vegetables; and the elegant Cannoli Napoleon. · In Puglia, at Italy's heel, where durum wheat grows at its best, she makes some of the region's glorious pasta dishes and re-creates a splendid focaccia from Altamura. There are 140 delectable recipes to be found as you make this journey with Lidia. And along the way, with Tanya to guide you, you'll stop to admire Raphael's fresco Triumph of Galatea, a short walk from the market in Rome; the two enchanting women in the Palazzo

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Abbatellis in Palermo; and the Roman ruins in Friuli, among many other delights. There's something for everyone in this rich and satisfying book that will open up new horizons even to the most seasoned lover of Italy. From the Hardcover edition.

The Invisible String

In a story that offers reassurance to children about what happens to people when they die, little Kate's mother helps the girl learn about heaven when her great-grandma passes away. Tour.

The Well Plated Cookbook

Explores the feelings of frustration, sadness, and loneliness that a youngster may feel when a pet dies.

A Grace Disguised

I will always remember you . . . Joanna Rowland's best-selling *The Memory Box: A Book about Grief* has helped thousands of children and families work through the complex emotions that arise after the loss of a loved one. Now, with *The Memory Book*, Rowland has created a beautiful grief journal to help readers put her methods into practice. *The Memory Book* helps grieving families process their emotions together by remembering their lost loved one and creating their own memory album full of photos and keepsakes of the person they lost. With gentle prompts and ideas for journaling, drawing, and talking through grief, this journal will bring comfort in the midst of loss and be a keepsake for families for years to come.

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What's Heaven?

A story of hope and promise. Using the dragonfly's secret, a grandmother helps her grandson understand how they will always be together.

The Secret of the Dragonfly

Forensic pathologist Janis Amatuzio has performed thousands of autopsies. She chose her line of work in part because it allowed her to help unravel the mystery of each person's death. She found that by listening and talking to the loved ones of the deceased, she could offer them some sense of closure. In the course of her work, she has heard extraordinary stories from grieving loved ones, patients near death, police officers, clergy members, and colleagues — stories of spiritual and otherworldly occurrences concerning the transition between life and death. From the experience of one of her first patients — who on the day of his death told of being "visited" by a friend who had been dead forty years — to incredible coincidences — such as two daughters thousands of miles apart experiencing unexplained sensations at the precise moment their father passed away — Dr. Amatuzio began recording the stories she heard and filing them away. *Forever Ours* presents these heartfelt accounts and honors the mystery of life and death, exploring the realms of visions, synchronicities, and communications on death's threshold. Told in the voice of a compassionate scientist and medical expert who sees death every day, these stories eloquently convey the comfort Dr. Amatuzio has found in what she sees and hears.

Waiting for Baby

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Visiting a neonatal intensive care unit can be an overwhelming experience, especially for a young child during sibling visitation. The sibling will see monitoring equipment, breathing machines, intravenous pumps and incubators. They will hear alarms ringing and sometimes babies crying. Preparing children for the NICU environment is crucial so they are not as fearful and can focus on bonding with their new sibling.

Forever Ours

Do all dogs and cats really go to heaven? Yes, they do! The death of your beloved pet can be one of the most heartbreaking losses you'll ever endure. But recovery isn't only about closure. You also want to know where your best friend has gone. After the intense, unexpected grief he experienced following the loss of his own companions, animal lover and biblical scholar Gary Kurz set out to prove that there are indeed pets in Paradise. After devoting countless hours of research, he now shares his inspiring insights to bring you a richer understanding of animals and their souls. You'll finally find answers to common questions about animals and the afterlife--and you'll also get a 30-day devotional to help you work through your grief. If you've ever loved and lost a pet, or if you know someone who has shared a special bond with a furry face and a cold, wet nose, you'll welcome this amazing book's reassurance that love and loyalty are truly eternal, and that someday, you and your pets will be together again. "For those of us who love our pets so passionately, Gary Kunz thoughtfully and thoroughly gives hope that death is not the end for our furry, scaled, and feathered friends." --Francine Hornberger, co-author of *So You Think You Know about Cats?*

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The Saddest Time

For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

Bug Soup

Till We Meet Again is a children's book about death and grieving. It helps children learn that it is good to share their stories and memories with their loved ones and it teaches them to honor the person they are grieving through their own actions. This book provides comfort and gives hope that someday we will all meet again.

When Someone Dies

Grieving over the death of a special person, a young child creates a memory box to keep mementos and written memories of the loved one. Includes a guide for parents with information from a Christian perspective on helping manage the complex and difficult emotions children feel when they lose someone they love, as well as suggestions on how to create their own memory box.

Lidia's Favorite Recipes

Three soldiers came marching down the road towards a French village. The peasants, seeing them coming, suddenly became very busy, for soldiers are often hungry. So all the food was hidden under mattresses or in barns. There followed a battle of wits, with the soldiers equal to the occasion. Stone soup? Why, of course, they could make a wonderful soup of stonesbut, of course, one must add a carrot or twosome

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meatso it went. Marcia Brown has made of this old tale a carnival of activity, dancing, and laughter. Children who have once heard the story will turn to this book again and again, retelling the story for themselves. Now in an eBook edition!

Creative Interventions for Bereaved Children

Grief touches all of our lives, but it does not have to paralyze us with fear or inaction. God allows suffering because He knows how powerful it can be to our spiritual lives and to helping us fully embrace His love and mercy. In this insightful and practical book, you'll learn how to live a life of redemptive suffering that will draw you through grief into a state of tenacity, meaning, holiness, and joy. Author Jeannie Ewing is no stranger to suffering. Her family has long struggled with bipolar disorder and depression, and her baby daughter was born with a rare genetic disorder that caused her bones to prematurely fuse together. Despite the many layers of sadness, loss, confusion, and anger, Jeannie responded to God's calling and transformed her life into one with profound purpose and joy. Combining her training in psychology and counseling with real-life examples, Jeannie will show you that there is much life to be lived in the midst of loss, and that all things — even the most painful life experiences — are working together for a greater good. You'll also learn: The all-too-often misunderstood difference between grief and depression. The spiritual benefits to uniting your crosses with Jesus's Passion and Death. The counterintuitive notion that grief and joy can coexist. The spiritual danger of internalizing our pain and hiding it from others. How great saints like St. John of the Cross and St. Therese of Liseux struggled to make sense out of suffering. The six spiritual principles that will assist you on the journey of navigating grief. How to know

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when you should seek professional help. Ways in which God is calling you to bring hope and joy to those dwelling in darkness. How to confidently confront the nothingness and emptiness you feel in your interior life. And Meditations on the Stations of the Cross, the Sorrowful Mysteries, and the Seven Sorrows of Mary that will help you reflect on how redemptive suffering can help you embrace God's love and mercy.

Jesus Wept

My Secret

Attempting to tackle the subject of death with sensitivity, this book is a journey of light and hope to a place where earthly hurts are left behind.

The Hormone Fix

Comfort classics with a lighter spin, from the creator of the healthy-eating blog Well Plated by Erin. Known for her incredibly approachable, slimmed-down, and outrageously delicious recipes, Erin Clarke is the creator of the smash-hit food blog in the healthy-eating blogosphere, Well Plated by Erin. Clarke's site welcomes millions of readers, and with good reason: Her recipes are fast, budget-friendly, and clever; she never includes an ingredient you can't find in a regular supermarket or that isn't essential to a dish's success, and she hacks her recipes for maximum nutrition by using the "stealthy healthy" ingredient swaps she's mastered so that you don't lose an ounce of flavor. In this essential cookbook for everyday cooking, Clarke shares more than 130 brand-new rapid-fire recipes, along with secrets to lightening up

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classic comfort favorites inspired by her midwestern roots, and clever recipe hacks that will enable you to put a healthy meal on the table any night of the week. Many of the recipes feature a single ingredient used in multiple, ingenious ways, such as Sweet Potato Boats 5 Ways. The recipes are affordable and keep practicality top-of-mind. She's eliminated odd leftover "orphan" ingredients and included Market Swaps so you can adjust the ingredients based on the season or what you have on hand. To help you make the most of your cooking, she's even included tips to store and reheat leftovers, as well as clever ideas to turn them into an entirely new dish. From One-Pot Creamy Sundried Tomato Orzo to Sheet Pan Tandoori Chicken, all of the recipes are accessible to cooks of every level, and so indulgent you won't detect the healthy ingredients. As Clarke always hears from her readers, "My family doesn't like healthy food, but they LOVED this!" This is your homey guide to a healthier kitchen.

Tear Soup Cooking Tips

Explains death as the inevitable end of life and provides three situations in which children experience powerful emotions when someone close has died.

Till We Meet Again

In *The 7 Habits of Happy Kids*, Sean Covey uses beautifully illustrated stories to bring his family's successful philosophy to the youngest child. For the Seven Oaks friends, there is always something to do. Whether they're singing along with Pokey Porcupine's harmonica or playing soccer with Jumper Rabbit, everyone is having fun and learning all sorts of things. These seven stories show how practicing the 7 Habits makes

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this possible for the whole Seven Oaks Community. From learning how to take charge of their own lives to discovering how balance is best, the Seven Oaks friends have tons of adventures and find out how each and every kid can be a happy kid!

Cold Noses at the Pearly Gates:

A rhyming story of Silly Sally, who is joined by various animals as she travels to town--backwards and upside down.

Stone Soup

One of the most beloved chefs and authors in America presents her most accessible and affordable cookbook to date, a gathering of more than 100 Italian recipes that have become Lidia's go-to meals for her very own family—the best, the most comforting, and the most delicious dishes in her repertoire. In Lidia's Favorite Recipes, you'll find a fresh take on more than 100 of Lidia's signature and irresistibly reliable dishes, including: · Fried Mozzarella Skewers—Spiedini alla Romana · Escarole and White Bean Soup—Zuppa di Scarola e Cannellini · Ziti with Broccoli Rabe and Sausage—Ziti con Broccoli Rabe e Salsicce · Baked Stuffed Shells—Conchiglie Ripiene al Forno · Eggplant Parmigiana—Melanzane alla Parmigiana · Savory Seafood Stew—Zuppa di Pesce · Chicken Cacciatore—Pollo alla Cacciatore · Veal Ossobuco with Barley Risotto—Ossobuco di Vitello con Risotto di Orzo · Cannoli Napoleon—Cannolo a Strati · Limoncello Tiramisù—Tiramisù al Limoncello From the classic sauces to the delicious desserts, these recipes have been revised and updated to be more concise and clear, but just as soul-satisfying as ever. With new information about the affordability, seasonality, and

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nutritional value of the ingredients, this book shows there is no question why these dishes are the easiest and most enjoyable to bring to the family table for your most memorable moments. Beautifully illustrated throughout with full-color photographs, Lidia's Favorite Recipes will give both new cooks and longtime fans something extraordinary to celebrate.

It Will be Okay

When his mother dies, a little boy is angry at his loss but does everything he can to hold onto the memory of her scent, her voice, and the special things she did for him, even as he tries to help his father and grandmother cope.

Always Too Soon

Here's a cookbook destined to be talked-about this season, rich in techniques and recipes epitomizing the way we cook and eat now. Bar Tartine—co-founded by Tartine Bakery's Chad Robertson and Elisabeth Prueitt—is obsessed over by locals and visitors, critics and chefs. It is a restaurant that defies categorization, but not description: Everything is made in-house and layered into extraordinarily flavorful food. Helmed by Nick Balla and Cortney Burns, it draws on time-honored processes (such as fermentation, curing, pickling), and a core that runs through the cuisines of Central Europe, Japan, and Scandinavia to deliver a range of dishes from soups to salads, to shared plates and sweets. With more than 150 photographs, this highly anticipated cookbook is a true original.

The Scar

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Well-qualified authors Joyce and Dennis Ashton share insights and techniques on dealing with grief and loss from an LDS perspective. This insightful book is carefully designed to help people through not only the loss of a loved one, but also through the many other trials we face in our lives. *Jesus Wept* is the only book on the market that deals with every category of grieving.

Healing After Loss

A collection of artfully decorated postcards with secrets anonymously written on them by people from all over the world and sent to the founder of PostSecret, a community art project that evolved into a website.

Silly Sally

The Tear Soup Cooking Tips are now available in a small easy to read booklet. These Tips booklets are perfect for educators and support groups to provide for families in need.

Grief Is a Mess

Examines the process of grief through a fictional story of Grandy and Pops as they face a great loss by making tear soup.

Two Peas & Their Pod Cookbook

A mother and daughter spend a snowy day together buying and preparing vegetables, assembling ingredients, and playing while their big pot of soup bubbles on the stove. Includes a recipe for "Snowy Day Vegetable Soup."

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Lidia's Italy

A step by step guide how to help children and families after a suicide from the first painful days to 5 years later. A detailed list of resources and support services in provided.

Experiencing the Loss of a Family Member

115 recipes--wholesome new creations and celebrated favorites from the blog--from the husband and wife team behind Two Peas & Their Pod TWO PEAS & THEIR POD celebrates a family, friends, and community-oriented lifestyle that has huge and growing appeal. Maria the genuine, fun, relaxed mom next door who's got the secret sauce: that special knack for effortlessly creating tantalizing and wholesome (and budget-friendly) meals with ease. From a Loaded Nacho Bar bash for 200 guests to quick-and-easy healthy weeknight dinners like never-fail favorites like One-Skillet Sausage Pasta or Asian Pork Lettuce Wraps (always followed by a fab dessert!), Maria shares her best lifestyle tips and home cook smarts. An essential resource for parents looking to update their healthy, inexpensive, time-saving, kid friendly meal roster; aspiring home cooks who want to eat-in delicious food more than they eat out; as well as anyone looking to share their love of food and the giving spirit with their neighbors, TWO PEAS & THEIR POD will help readers bring home that (achievable!) slice of Americana, where families come together to enjoy fresh and nutritious meals and there's always a batch of still-warm cookies waiting on the counter.

When a Pet Dies

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In the end, it will be okay because God is always with us. Whether we like it or not, growing up brings change. For many children, this conjures up fears that are sometimes real and sometimes imagined. How can kids learn that even when they face new and unfamiliar situations, they don't have to be afraid? Little Seed and Little Fox are facing changes and brand new circumstances--and they don't like it one bit! Through this unlikely friendship, children will discover that no matter how new or fearful their circumstances, God is always with them. The whimsical art by Natalia Moore will put a smile on kids' faces and put their minds at ease. Just as Little Seed and Little Fox learn to trust that the Farmer is good and kind, children will also learn to trust God. This is a helpful resource for children who: are struggling with anxiety or fear have recently suffered the loss of a loved one are facing bullying or are having a hard time following a move Written by New York Times bestselling author Lysa TerKeurst, *It Will Be Okay* will help kids discover that, in the end, it really will be okay because we have a God who is good and kind and always with us.

The Memory Box

After losing a loved one, grief can leave your life in a mess. *Grief is a Mess* is an illustrated book for grieving adults who need a healthy dose of understanding, comfort, and laughter. Through humorous animal illustrations, the book explores how grief is different for everyone and can change without warning. Having lost her mother to cancer, author/illustrator Jackie Schuld uses her illustrations to remind us there can be positive experiences and laughter as we find our way through the mess of grief.

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