



# Writing to Heal the Soul: Transforming Grief and Loss Through Writing

*Susan Zimmermann*

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## **Writing to Heal the Soul: Transforming Grief and Loss Through Writing** Susan Zimmermann

Susan Zimmermann experienced a devastating loss when her first child, Katherine, developed a neurological disorder that left her unable to walk or talk. Faced with her daughter's disability, Susan struggled with fear, denial, guilt, bitterness, and despair. She began to heal only through writing. Working through conflicting emotions with paper and pen enabled her to transform her sadness into acceptance and even joy.

**Writing to Heal the Soul** is Susan's gift to others—everyone, not just writers—who are suffering any kind of grief or loss, whether the injury, disability, or death of a loved one, the loss of a job, or the end of a relationship. Lyrically illustrated with true stories from the author and others, the book offers simple yet inspiring writing exercises to help you resolve your pain as you transform your grief into words of hope and healing.

*From the Trade Paperback edition.*

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