



Sacred Gateway of Grief and Loss, Freeing the Imprisoned Soul

Jennifer Salima Holt

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While facilitating grief and recovery programs for women prisoners, Jennifer Salima Holt, Ph.D., witnessed first-hand the life-changing power of healing grief and loss. By sharing the stories of these women and of therapeutic clients who were imprisoned from trauma, abuse, depression and dysfunctional histories, Dr. Holt opens a pathway to healing our own grief and loss. More importantly, she show us a doorway through the pain that can set us free and make us whole. Sacred Gateway of Grief and Loss is filled with inspiring and moving stories, as well as practical exercises to help heal grief and use the pain of loss as a catalyst for personal and spiritual growth. Sacred Gateway of Grief and Loss is a powerful, transformative guide for accepting the intrinsic beauty of all our emotions as we journey toward a deeper experience of life and love.

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