

# Be Strong and Take Heart: A Journey of Hope and Healing After Loss

In the depths of grief, it can be hard to imagine ever feeling joy again. But as one woman discovered, even in the darkest of times, there is always hope.



## Be Strong and Take Heart: 40 Days to a Hope- Filled

**Life** by Zondervan,

★★★★★ 5 out of 5

Language : English  
File size : 1180 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 176 pages



In her new memoir, *Be Strong and Take Heart*, author Sarah Collins shares her personal journey of grief and healing after the sudden death of her husband. With raw honesty and vulnerability, she describes the rollercoaster of emotions she experienced in the months and years that followed his passing.

From the initial shock and disbelief to the overwhelming sadness and anger, Sarah shares her experiences with unflinching candor. She also writes about the small moments of hope and healing that she found along

the way, such as the support of her family and friends, the comfort of her faith, and the discovery of her own inner strength.

*Be Strong and Take Heart* is a deeply moving and inspiring story that offers hope and comfort to anyone who has experienced loss. Sarah's journey is a reminder that even in the darkest of times, there is always light to be found.

### **Excerpt from *Be Strong and Take Heart***

"I remember the day my husband died like it was yesterday. I was driving home from work when I got the call. My heart sank as I listened to the words that would change my life forever.

"I pulled over to the side of the road and just sat there for a long time, trying to process what had happened. I couldn't believe that he was gone. He was the love of my life, my best friend, my everything.

"In the days and weeks that followed, I felt like I was living in a fog. I went through the motions of daily life, but I felt like I was just going through the motions. I didn't feel like myself anymore.

"I longed for the day when I would feel happy again, but I didn't know if that day would ever come. I felt like I was drowning in my grief.

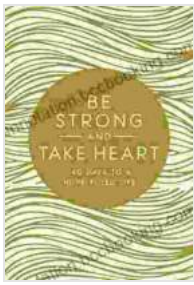
"But then, slowly but surely, I started to find my way back to life. I started to rediscover the things that brought me joy. I started to spend time with my family and friends again. I started to take care of myself physically and emotionally.

"It wasn't easy, but I did it. I found my way back to life. And I know that my husband would be proud of me."

**Free Download Your Copy of *Be Strong and Take Heart* Today**

*Be Strong and Take Heart* is available now at all major bookstores. Free Download your copy today and start your journey of healing.





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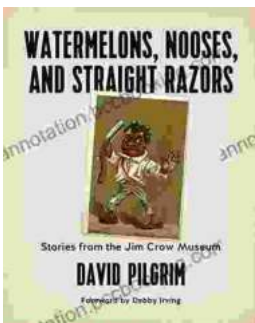
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