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Grieving a death and seeking help

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NCR Today

The son of a good friend of mine took his own life recently. He had suffered much mental anguish before he acted. We are left with gaping holes in our hearts. Adding to the pain, my friend also lost his wife to illness only last May.

Both mother and son are now embraced warmly in the loving arms of God, but family and friends are left grieving and seeking answers.

I write asking for your help. I would be most grateful if you could offer suggestions for grieving materials, books or other resources. I can use direction and can pass along suggestions to my friend and his surviving family.

Please place your thoughts or suggestions in the comments box below. If you prefer, contact me by email at ncrfox@gmail.com. In time I will find a way to share what I learn with other *NCR* readers.

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