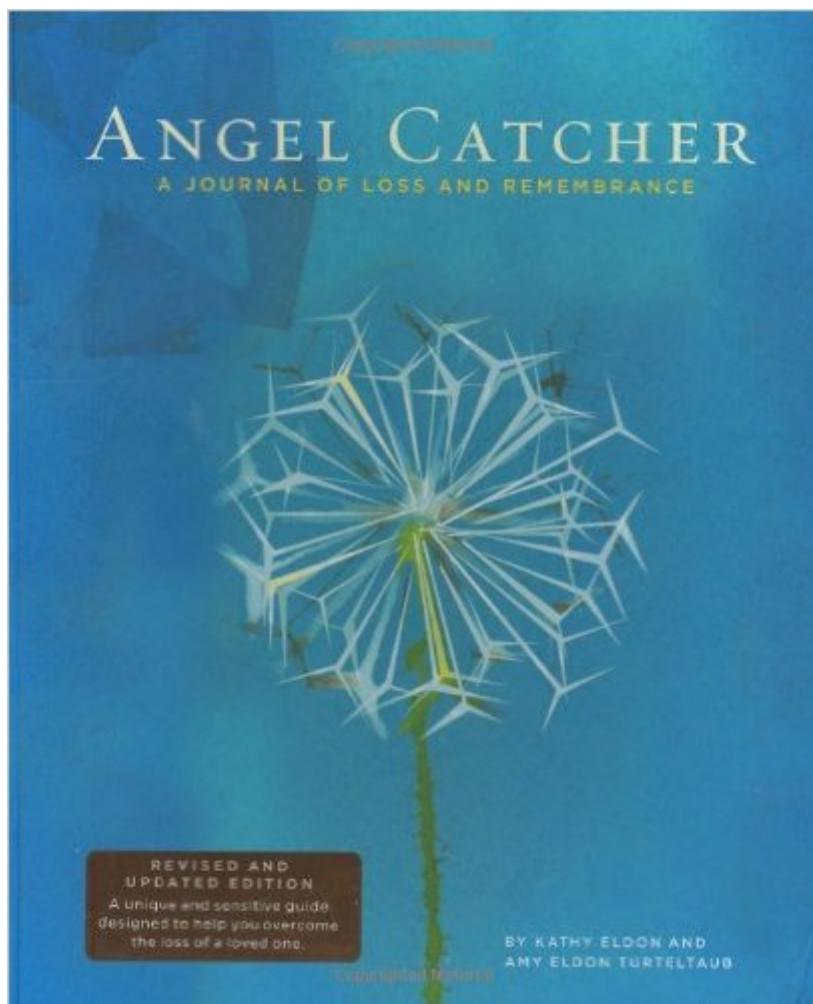


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# Angel Catcher: A Journal Of Loss And Remembrance



## Synopsis

Over the past decade, this classic work has helped thousands find meaningful ways to overcome the despair of losing a loved one. Now, Angel Catcher has been revised and updated to convey its powerful message of hope to a new audience. Featuring brand new illustrations and a fresh updated look, the tasteful pages of this journal guide the user through the process of mourning and onward to a lasting sense of peace in the face of loss.

## Book Information

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## Customer Reviews

It's been almost six months since my dad died, and I feel like everyone has moved on except me. His death has really taken its toll on me, I cry at the drop of a hat these days, I find myself struggling to make it through the day, and I feel a depression that I just can't shake. I feel alone in my grief, and that is compounded by the people around me telling me that I should "be over it" by now. I feel that I haven't even touched my pain yet. I saw this book at the bookstore and couldn't put it down. I read the introduction and started crying right there in the bookstore. The book explained in the Introduction what I was feeling but couldn't put into words. It is helping me cope with the death of the man I thought was immortal. I bought copies for everyone in my family.

I first purchased this book at the request of my grief counselor, after the sudden death of my Brother, D.J. Since then, I have purchased 4 additional copies as gifts for friends and relatives who have suffered the loss of a loved one. I found it very helpful. The pages start you off with questions or statements that allow your feelings to flow. Some feelings that even if you are a "writer" you

would not think of or even may feel uncomfortable about bringing up yourself like anger.I find that most people will only talk or write about the good things about the person they've lost which of course is good and natural but "Angel Catcher" allows you to write about all feelings and situations. I find that it allowed (and guided) me to express all of my feelings and in return I felt peaceful and had a better understanding of my own feelings.As stated I purchased several as gifts. In stead of sending flowers, I gave this book. I also found it much easier to order it from .com, have it gift wrapped and sent with a personal note from me - especially when it was being given to someone out of town. I must say that instead of the usual "Thank you" note, I have received very personal cards of gratitude stating that it has helped others gather their thoughts.I thank the Authors Kathy and Amy Eldon for using their personal loss to help others deal with theirs.

My mother was killed in an auto/pedestrian accident about four months ago. I stumbled onto this book about two weeks after her death. It truly is a gift. I carry it everywhere. What a wonderful journal -- I love how you can jump from section to section as your emotions change. The questions that the journal prompts you to answer are incredible--things you would never think of but WANT to remember about the person. It is very HARD to journal the feelings, but feels good after you do. This book is a priceless treasure -- I refer back to what I have written on previous dates. I cry. I laugh. I miss my Mom so much it hurts terribly -- but am glad that I will have a memorialization of her. There is a place for pictures and an envelope in the back for special mementos. I only wish I had this book five years ago when my father died.

One of my friends gave me this journal after the death of my father in 1998. It has helped me "cleanse my soul" of the grief and heartache and pain of losing someone who your world revolves around. It has helped me so much so, that I have purchased large quantities of these journals to give to people as my own personal ministry to them. Somehow the "giving" of these journals makes my father's death a little easier to live with - in fact almost 6 years later - it still does. There are days I just go back to read the things I wrote and am comforted by my progress in healing and hope others I have given them to along the way are as well.The greatest thing about this journal are the open ended questions and statements for you to fill in with whatever your feeling and thoughts are right then. And it leaves enough room for you to come back later and write more - it gives you a look over time of how you WERE feeling versus how you ARE feeling. The REALNESS of this journal is what draws me to it. Personally though, I hope you never need it.

A dear friend gave me this book after the sudden death of my beloved husband. For a few weeks, I couldn't even open it. Once I did though I found an invaluable way to help me remember Mike and to put into words all of those little things that were so much a part of our relationship. I have recommended it to my grief support group and will cherish the memories it has helped me capture.

My mother died from pancreatic cancer a year ago. We knew that it was inevitable. I found this book while I was looking for literature on how to deal with a terminally ill loved one. When I opened it up and started to read it, I cried. I had not yet lost my mother but as I read I was able to face what was coming - knowing that I had been able to share in her life and that our relationship was special. I didn't buy the book that day. I came back to it many times, especially during the rough times. After a hard day I was able to go to the book store and flip through its pages and remember all the wonderful times. The day after my mother passed away I bought the book and have written in it everyday since. My memories are alive within it. It has helped me through the times when I couldn't tell anyone else how I felt. This book allows you to put your feelings into words. It prompts you to consider things about your loss that you may have never explored on your own. It is wonderful.

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