



A Beautiful Death: Facing the Future with Peace

Cheryl Eckl

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What does it take to face death, loss, and grief with confidence and peace? Cheryl Eckl is unexpectedly forced to host life's most unwelcome guest when her husband, Stephen, is diagnosed with terminal cancer and given a few short years to live. In *A Beautiful Death*, her powerful insights, moving story, and unerring guidance show that we all have the inner resources to face death, and the future, with peace. In fact, she says, when we are properly prepared this experience, while rarely easy, can be profoundly beautiful. *A Beautiful Death* is a compassionate and honest approach to death as an integral part of life-how to think about it, talk about it, and prepare for it. Eckl helps us overcome our fear and avoidance of painful end-of-life issues as she gently takes us by the hand on a transformative journey through loss and unspeakable grief. In her sensitive and deftly written work, you'll explore five liberating steps for facing death, whether your own or a loved one's. You'll learn how to give fully, nurture yourself and your loved ones, and open to the intensity of sorrow so you can rise up strengthened for your tomorrows. Above all, you'll find the comfort you need to embrace whatever the present brings with grace, confidence, and peace.

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