



# Geography of Loss: Embrace What Is, Honor What Was, Love What Will Be

*Patti Digh*

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## Geography of Loss: Embrace What Is, Honor What Was, Love What Will Be Patti Digh

This extraordinary book is borne of loss: the loss of love, of certainty and assuredness, of knowing where we are or who we are, of beauty and youth, of health, of life itself, of privacy, and of roles and of knowing.

When someone or something we love leaves us, we suddenly walk alone into new territory without them. We become strangers in new lands, places where the landscape is unalterably changed, where the center of gravity has somehow faltered and become weak, making us feel as if we might fall off the surface of the earth. Sometimes, that moment of loss defines the rest of our lives, becoming a center to our compass forever. This unique book is a guidebook, an atlas of those experiences of loss and grief, a map for living through and into change and impermanence, to moving on anew. You are the navigator through the three main sections:

**Embrace what is:** walk into your new landscape

**Honor what was:** be grateful for your old landscape

**Love what will be:** live into your future landscape

Illustrated throughout with art submitted from around the world, this book is an atlas of experience, utilizing map imagery and the richly metaphoric, evocative, and functional language of geography to help you place yourself on your own journey, to find your way through helpful exercises and an empathetic, expert guide.

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publication consist a lot of the information of the condition of this world now. This particular book was represented how does the world has grown up. The terminology styles that writer use for explain it is easy to understand. Typically the writer made some exploration when he makes this book. That's why this book suited all of you.

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