

# One Family's Journey of Letting Go of What Was and Learning to Live Well With

When life throws you a curveball, it can be difficult to know how to handle it. This is especially true when it comes to the loss of a loved one. One family shares their journey of letting go of what was and learning to live well with.



## Hit Hard: One Family's Journey of Letting Go of What Was--and Learning to Live Well with What Is by Pat McLeod

★★★★☆ 4.7 out of 5

Language : English  
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Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 260 pages  
Lending : Enabled



## The Loss

In 2016, our family lost our beloved wife and mother to cancer. She was the glue that held our family together, and her loss was devastating. We were all so heartbroken and lost.

In the months that followed, we struggled to find our way. We were all grieving in our own way, and it was difficult to communicate with each other. We felt like we were all on different planets.

One day, we decided to have a family meeting. We talked about how we were feeling and how we could support each other. We decided that we needed to let go of the past and focus on the future. We needed to learn how to live well with what we had.

## **The Journey**

The journey of letting go and learning to live well with was not easy. There were many times when we wanted to give up. But we kept going, one day at a time.

We started by talking about our memories of our wife and mother. We shared stories and laughed and cried together. We realized that even though she was gone, she would always be a part of our lives.

We also started to make new memories together. We went on family trips, played games, and just enjoyed each other's company. We realized that life was still worth living, even though it would never be the same.

It took time, but we eventually learned how to live well with what we had. We learned to appreciate the small things in life and to find joy in the everyday moments.

## **The Lessons We Learned**

Through our journey, we learned a lot about ourselves and about life. We learned that:

- It's okay to grieve. Grief is a natural process, and it takes time to heal.
- It's important to talk about your feelings. Talking to others can help you to process your grief and to feel less alone.

- It's important to find support. There are many resources available to help you cope with grief, such as support groups, counselors, and therapists.
- It's possible to find joy after loss. Life will never be the same after you lose a loved one, but it is possible to find happiness and joy again.
- It's important to live in the present moment. The past is gone, and the future is uncertain. The only thing you can control is the present moment.

## Our Hope

We hope that our story will inspire others who are grieving the loss of a loved one. We want you to know that you are not alone and that it is possible to find healing and happiness again.

Our family is now stronger than ever. We have learned how to live well with what we have, and we are grateful for every day that we have together.

We believe that our wife and mother would be proud of us. We are living our lives to the fullest, and we are making the most of every moment.



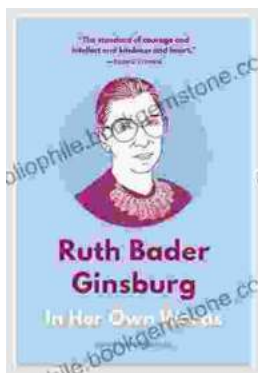
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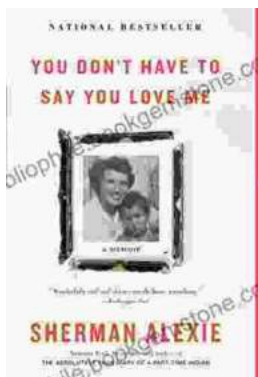
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