



Breaking Through Loss: One Powerful Story One Scientific Method

Lynn Hope Thomas

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This autobiography covers the topic of loss and grief and also offers insight into complicated grief; an authentic, balanced result from feeling the emotions, which is underpinned by a reproducible scientific method; and a fly-on-the-wall account of inspirational progress following the method. Unless you address the issues the universe sends you, the universe will repeat, and each time it will do so with a stronger force. How much pain can you tolerate? The benefits of reading this book are that it will give insight into sibling loss and grief during childhood; touch your heart with honesty over how harsh the universe can be; give insight into a complicated loss and grief story that covers death, divorce and job loss; help you to understand complications of repeated loss and grief and teach you the need for authentic balance to emotions to prevent repeats; tell you how you can bring authentic balance to emotions; and show you the firsthand benefits of practice of the method.

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