



# What Are You Crying About?: Defeating Grief for Christians (and Other Believers)

*Brian M Holmes*

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**What Are You Crying About?: Defeating Grief for Christians (and Other Believers)** Brian M Holmes  
For thousands of years humanity has been told that grief is a necessary part of life, that deep sorrow over the passing of our loved ones is expected and a natural process. Brian Holmes says emphatically that, No, it is not! We can be sad when a friend or family member leaves us, but sad as if they are moving to another country, not disappearing from existence forever. You can, and ought to be emotionally stable and spiritually content after the death of a loved one. People sometimes spend months or years of their lives mired in crippling grief which sidetracks them from school, career, positive and healthy parenting, or other fruitful endeavors. Grief sabotages happy, productive lives. Sometimes people in extreme grief become angry, abuse drugs and alcohol, or even take their own lives. It doesn't have to be this way. Sadness when someone leaves our lives is normal. Intense grief need not be. If you are a Christian, Muslim, Hindu, Buddhist or Jew there is plenty of support for the afterlife in the holy books and teachings of your faith. All combined, these religions encompass the spiritual beliefs of most of the people on Earth. If you Believe, grief is not for you - emotional peace and happiness is. Defeat your grief now.

What's Inside...

- Death and Dying - The Common View
- Grieving - The Common View
- Anger with God
- Religious and Philosophical Views on Death
- Suicide
- Got Faith?
- Ten Faith Enhancers
- What Is a Human?
- The Afterlife, the Spirit World, Heaven and Hell
- Where the Hell Is Heaven?
- Our Family Among Us - Spirits Present
- What to Say to the Bereaved (and Dying)

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