*Healing the Hurt Spirit: Daily Affirmations for People Who Have Lost a Loved One to Suicide*

by Catherine Greenleaf

Reviewed by Mitzie Rains Meyers RN, MSN

*Healing the Hurt Spirit* is a unique book consisting of 365 daily affirmations for every day of the calendar year. Each day consists of a topic specific to survivors, along with a related thought for meditational purposes. Greenleaf, who draws from her personal experience as a survivor as well as her professional experience in death education, does a thorough job of offering topics that are meaningful and inspirational to survivors. The book contains a spiritual tone that allows it to become part of one’s daily prayers or spiritual practice. The readings are short, yet thought-provoking, and can easily be read on a daily basis.

Part of what makes this book unique is the holistic approach from which it is written. Each affirmation focuses in some way on care of oneself and offers empowerment to survivors through positive thinking. The author does an exceptional job of describing the suffering and hardships known to survivors, which may help to ease the sense of isolation.

One aspect of the book that this reviewer had difficulty with was the use of the term “suicided” to describe the action of the cause of death. Perhaps this is merely an example of geographical colloquialism and some readers may not be bothered by this expression, however some may find a softer word less distracting, as the term is used numerous times throughout the book.

This book is recommended to survivors who are perhaps beyond the first year anniversary. It may not be suitable for the newly bereaved as time may be needed before one is able to have a more focused concentration on recovery. Recognizing that it may be an overwhelming task for survivors to choose books that are resourceful, this book is recommended to those who may be interested in brief reading every day as a way of self-care, discovery, or incorporating spirituality into their lives.