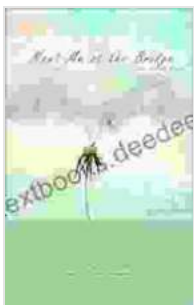


# Meet Me at the Bridge: A Journey Beyond Grief, Loss, and the Rainbow Bridge

Grief is a complex and often overwhelming emotion that can follow the loss of a loved one. It can manifest in a variety of ways, including sadness, anger, guilt, and numbness. While grief is a natural response to loss, it can be difficult to navigate and can have a profound impact on our lives.

In her book, *Meet Me at the Bridge: A Journey Beyond Grief, Loss, and the Rainbow Bridge*, author and animal communicator Kim Sheridan offers a unique and compassionate perspective on grief and loss. Drawing on her own experiences and insights, Sheridan provides practical advice and emotional support for those who are grieving the loss of a loved one.



## Meet Me at the Bridge - The Journey Beyond - A book about Grief, Loss, Rainbow Bridge, Rainbows, Pets

**Large and Small** by Cass Pennyfeather

★★★★★ 5 out of 5

Language : English

File size : 108489 KB

Print length : 39 pages

Lending : Enabled



## Understanding Grief

Sheridan begins by exploring the nature of grief. She explains that grief is a normal and healthy response to loss, and that it is important to allow ourselves to experience the full range of emotions that come with it.

However, she also cautions against getting stuck in grief and emphasizes the importance of finding ways to move forward.

Sheridan discusses the different stages of grief, including denial, anger, bargaining, depression, and acceptance. She explains that these stages are not linear and that people may experience them in different ways and at different times.

## **Finding Comfort and Healing**

In addition to providing a thorough understanding of grief, Sheridan also offers practical advice for finding comfort and healing. She emphasizes the importance of self-care, including getting enough sleep, eating healthy foods, and exercising regularly. She also encourages people to connect with others who have experienced loss and to seek professional help if needed.

Sheridan also explores the role of spirituality in grief. She believes that connecting with our spiritual side can help us to find comfort and peace. She offers a variety of spiritual practices that can be helpful for grieving, such as meditation, prayer, and spending time in nature.

## **The Rainbow Bridge**

A central theme in *Meet Me at the Bridge* is the idea of the Rainbow Bridge. The Rainbow Bridge is a mythical place where animals go after they die. It is a place of peace and happiness, where animals can run and play and be reunited with their loved ones.

Sheridan believes that the Rainbow Bridge is a real place, and that it is a place where we can connect with our lost loved ones. She offers a number

of ways to connect with the Rainbow Bridge, including meditation, visualization, and dreamwork.

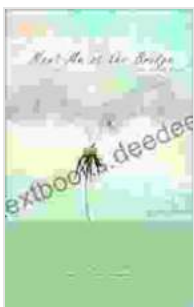
*Meet Me at the Bridge* is a powerful and compassionate book that offers a unique perspective on grief and loss. Sheridan provides practical advice, emotional support, and spiritual insights that can help readers to find comfort and healing. Whether you are grieving the loss of a loved one or simply want to learn more about the nature of grief, I highly recommend this book.

## About the Author

Kim Sheridan is an animal communicator, author, and speaker. She has helped thousands of people to connect with their animals and to find comfort and healing in times of grief.

## Additional Resources

- [Kim Sheridan's website](#)
- [Meet Me at the Bridge on Amazon](#)
- [The Rainbow Bridge website](#)



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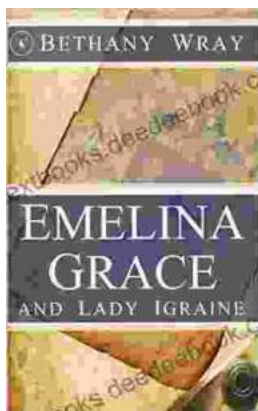
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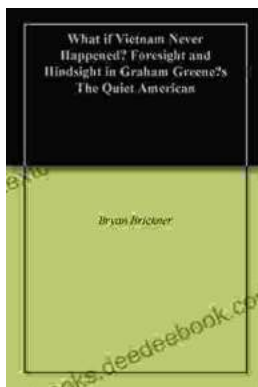
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