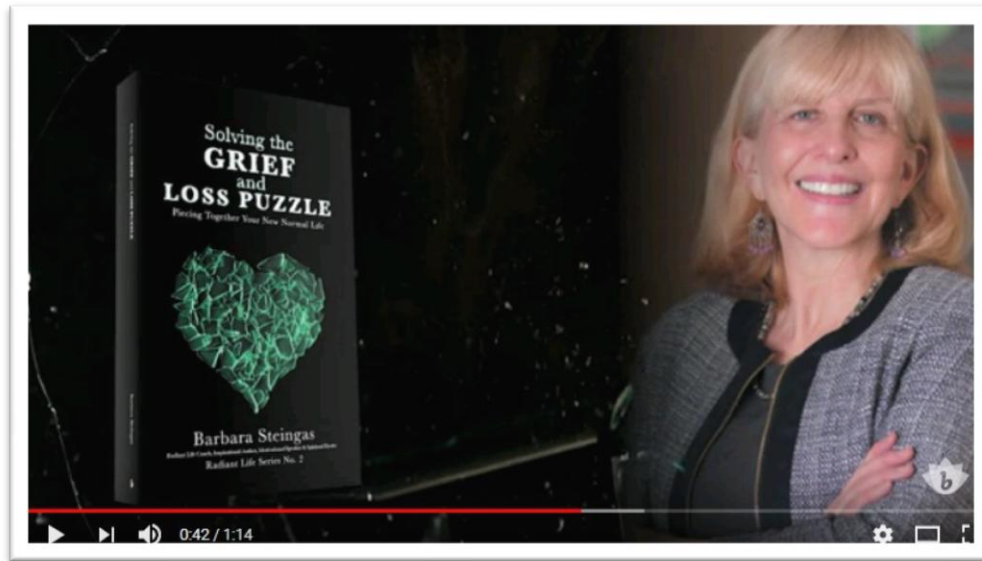
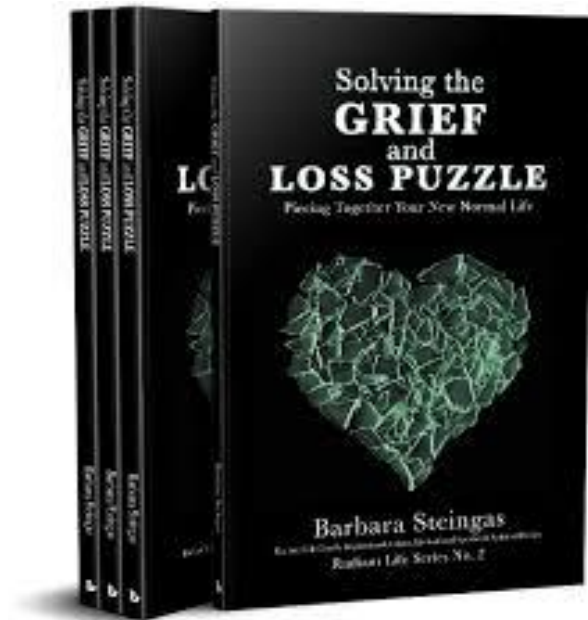


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“Helping people is not only my calling, it’s in my DNA.” -Barbara Steingas



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From the home of: Barbara Steingas

To: Friend

Re: Going Through Grief

Date: Friday, September 7, 2018 at 11:54 p.m.



Dear Friend,

Have you ever lost a loved one or perhaps a beloved pet and you're going through grief?

From personal experience, I can relate to your emotions if you just said YES.

Life is not easy at times, but we must know how to get through certain challenges or obstacles that look to pull the rug from underneath our feet.

One of the best ways to deal with grief is to learn from someone who has been down the same road as you and who can deliver their experience to you.

Not only do you deliver it, but to reveal the hidden emotions we often hide from or ignore. When we face out grief, it becomes more personal and easier to handle.

And no, I'm not saying grief just comes and goes, it's a long, heavy process that for some strange reason, teaches us how to get through it.

Allow me to share with you a deep story that has lead me to this point in my life. When telling my story, its purpose is to give you hope, a rekindling of your faith, and overall, a blueprint that brings you to the moment of acceptance.

Read the Personal Story of Barbara Steingas



Everyone experiences loss at some point in their lives. Whether it's the passing of a loved one or beloved pet, the breakup of a friendship or romance, a divorce, getting fired, losing a limb, or suffering a natural disaster -- it hurts.

It doesn't matter if it's a minor or major loss, traumatic and quick or long and drawn out, we all go through a grieving process to overcome it. This helps us to become stronger -- to create a new normal life for ourselves.

How we are able to deal with, cope and process our emotions after these losses and tragedies occur will determine how the rest of our lives will unfold.

We either remain victimized by these experiences, staying stuck in the grief emotions or we can eventually come to some sense of acceptance and explore different joys, and ways to experience happiness in our lives.

I first learned about the stages of grief in Physical Therapy school, when we read *On Death and Dying* by Elisabeth Kübler-Ross. Over the course of my life, I have experienced the usual sad, yet expected losses of the crossing over of my grandparents, great-aunts, great-uncles, aunts and uncles, etc.

However, it wasn't until the passing of my husband Bob on April 7, 2008 that I came to know a traumatic loss first handedly. It was through this loss that I had the opportunity to feel what it was like to go through the complete grief process. I experienced all the stages in full depth, including suffering from post-traumatic stress for the first nine months.

After our first year of marriage, the Olympic skater Sergei Grinkov died on the ice from a heart condition. Being that I felt Bob resembled Sergei, something about that incident shook me up.

It caused me to have an ominous premonition that day because Bob didn't answer the phone or call me back in a reasonable amount of time after my daily call to him from work.

I somehow knew that this would be the day he, too, would meet his maker. The rational part of me kept saying that I was just being paranoid.

For the next twelve years, he answered the phone except for two instances where he didn't for several hours because he didn't have enough signal.

During those incidents, I just prayed that he was alright and would call back, which thankfully he did.

However on that fateful day in April, Bob didn't answer or call back before it was time for me to come home from work.

To stay calm, I just kept telling myself how he must be out in the yard doing work, and to stop being so paranoid.

Even when I pulled up in the driveway, got out of the car, and saw our cat Fluffy sitting on the bedroom window shelf that Bob had made for her, I calmly said, "Hi Fluff, where's daddy?"

As I entered our home, I called out, "Hi honey, I'm home." No response. I figured he was outside organizing the shed, and couldn't hear me so I went out through the sliding door onto our back deck. Again, no sign of Bob.

Then I thought that he must be in the shower downstairs. Being he was 6' 1" tall, Bob liked the shower stall in that bathroom rather than the tub shower upstairs closer to our bedroom.

I grabbed the Longaberger basket at the top of the stairs before heading down to put the recycling objects inside it in our recycle bin in the back room.

As I got to the bottom of the stairs and closer to the bathroom, I didn't hear the water running or see him standing by the sink so I knew something was terribly wrong. Like a slow motion scene out a movie, I dropped the basket to the ground, and ran upstairs to our bedroom.

I was not prepared for what I saw on the bed, the bed that we had shared since moving into this home in November of 2001.

Bob was lying face down, and the television on top of the five drawer high dresser was a solid blue color meaning it had been on too long causing the satellite portion to have turned itself off. Additionally, an empty Gatorade bottle was lying next to him.

With great trepidation, I turned him over to find his face distorted from having been in that position for many hours. Bob had suffered a fatal heart attack, and was already in rigor mortis.

It was something out of a scene from a *Twilight Zone* episode. Immediately, I went into shock because I can't remember how I got the phone in my hand to call 911.

I was so distraught that the operator had a difficult time understanding what I was saying so I had to repeat several times, "My husband is dead!" His training must have dictated this response,

"Do you know CPR?"

As a Physical Therapist, I have to take CPR training so I responded, "Yes." Then, I automatically just started performing it, and it wasn't until the third round of the breaths that I came back to some sense of reality and realized that Bob's teeth were clenched shut with part of his tongue stuck in-between his teeth, which explained the blood spot on the comforter.

Seeing this got me to stop performing the CPR. Thankfully, shortly thereafter the police arrived to help escort me out of the bedroom into my living room so they could get me calmer (standard part of their training).

Bob was 42 years old, and it was a month shy of our 13th wedding anniversary and a week before we were to go on vacation to Europe to visit my mom and her family members.

For the next twelve months or more, I would go through an arduous emotional roller coaster of the various stages of grief. Except for the initial shock phase, you never go through it really in succession.

The emotions come and go in various order, yet usually lessen in intensity as time passes over the days, weeks, months and years following the incident. Slowly, I was able to piece my life back together, and found my way back to a happy and fulfilling life, not just existing.

After three years of Bob's passing, I met another man, George, at a singles party at a dating coach's home.

He turned out to be 14 years older than me so I was hesitant to keep seeing him even though we hit it off great and had a lot in common despite our age difference.

I was already widowed once, and Bob had been 3 years younger than me; he used to jokingly call me his old lady.

On my second or third date with George, just as I was thinking I should stop seeing him before things got more serious and we became more emotionally attached, he said something that my husband used to say to me.

It was something not common for a date to say, "What height are you? You're the right height for me." Bob was 11 inches taller than me and used to rest his chin on my head when he hugged me, and say I was the right height for him.

After asking myself, "What did he just say?" I realized that I needed to continue seeing this guy because I knew in that moment my husband had helped send George to me. After understanding the significance of this important sign and message, I decided that I needed to just be happy in the moment, and not worry what may or may not happen in the future.

I was hoping that future would be longer, but three years after we met and just when we were about to become engaged to be married, God took George to the other side on July 31, 2014 via a severe case of diabetic ketoacidosis (fatally high blood sugar level).

This time, instead of finding him deceased, I was in the Emergency Room of a local hospital with him, holding his hand and looking directly into his eyes reassuring him he would feel better soon as the insulin drip had finally arrived for the nurse to give him intravenously.

At that moment, his eyes dilated and his upper body and head fell backwards (he had been sitting up somewhat out of discomfort) against the stretcher and he became lifeless.

The hospital staff resuscitated him and got him on a ventilator (artificial breathing device) for a couple more hours, but he was basically gone at that moment.

I couldn't believe I was in this situation again. Plus, I had already suffered for so many years and overcome an incurable autoimmune disease starting in my twenties after graduating college that Bob's unconditional love helped me piece together my health.

How much more did God want from me I thought? Hadn't I suffered enough in my life already?! This was all too overwhelming for me to deal with that I literally went over to the "dark side" and became like *Darth Vader* for several days.

After deciding to come back into the light, I gradually processed through all the stages of grief using all I had learned from the past to give me strength and determination to piece my life back together for the third time.

Having already gone through the grieving process three years earlier, helped me get through it this time around a bit quicker and easier. It is truly amazing how resilient we can be when we choose to face our challenges. It makes us become stronger than we ever thought we could be.

This manual contains the physical, mental, emotional and spiritual strategies I used to get me through the difficult stages of mourning the loss of these two wonderful men that I was blessed to have in my life, and love me unconditionally.

May this book help you as well get through the struggles and pain of the losses you've experienced in life. There is a saying that God (or the Universe) doesn't give us more than we can handle, even though we can't always see or understand this when something tragic happens to us.

It takes time to learn and grow before we can look back, and see the changes and the reasons why we needed to go through the challenges in our lives. It's part of our journey to find the true strength and unconditional love within us because without struggles, we could never become all that we were meant to be: to shine our light on the world by giving back those lessons to help others get through their struggles. This is how we transition from being the victim of our story to become the hero/heroine.

Whether you believe in what I'm about to share with you or not, I have come to know through personal experience and with the help of mediums, who are more attuned to the other side, that our loved ones spirits are in a loving beautiful place and they want nothing more than for us to continue living happy, healthy and joyous lives because they love us unconditionally and love can never die.

It is what keeps us connected to them and them to us. So on that note, let's travel together through the steps I used to get through the pain and

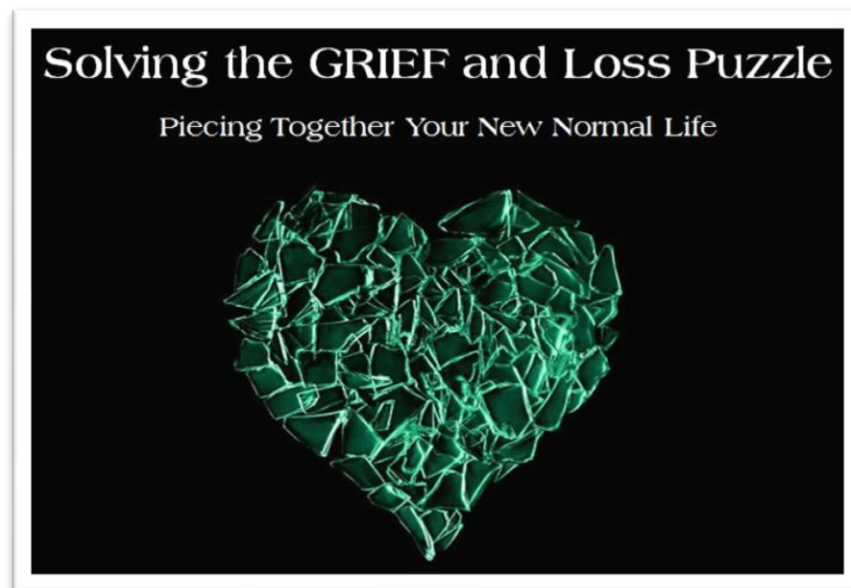
heartbreak and pray it helps you heal and piece together your new normal life.

Learn the 8 Emotional Keyword Factors While Experiencing Grief:



- Shock.
- **Denial.**
- Guilt.
- **Anger.**
- Bargaining.
- **Depression and Sadness.**
- Acceptance.

Here Are Your 17 Uplifting Benefits When You Claim Your Copy of Solving the Grief and Loss Puzzle Book



Helps you cope with the difficulty of your emotions.



Allows your energy levels to shift into a positive mindset.



Gives you multiple strategies on how to deal with your stress.



Supplies you with key principles on getting through grief.



Helps you handle the negative thoughts in your mind to be more at peace with yourself.



Shows you how to engage in forgiveness.



Enables you to cry and let out what you're feeling inside.



Helps you with meditation and breathing exercises.



Delivers a positive perspective on how to accept your loss.



Teaches you how to incorporate spiritual exercises in your daily routine.



Reveals to you the key essential oils to use to help balance your moods.



Helps make communication a lot easier to talk to someone.



Provides you with insightful exercises to keep your body healthy and your mind fit.



Helps with your mind and emotions by giving you strategies to improve your moment in living.



Encourages you to write your feelings down to see what your thoughts look like compared to what they feel like.



Prevents you from falling into the pits of isolation before the grieving process lead into depression.



Gives you the confidence within you to know you're going to make it through tough times by keeping you inspired.

BONUS GIFT: Watch & Listen to Jack Canfield Interview Barbara Steingas



You will receive both the exclusive MP3 audio and MP4 video interview with Jack Canfield where you can explore more about Barbara Steingas.

In this interview you will discover the underlying details of Barbara's personality.

Learn how it affected her path in life and what she did to turn it all around.

If she can do it, so can YOU.

The light within life is on your side.

To Your Respected Moment in Grief,

Barbara Steingas

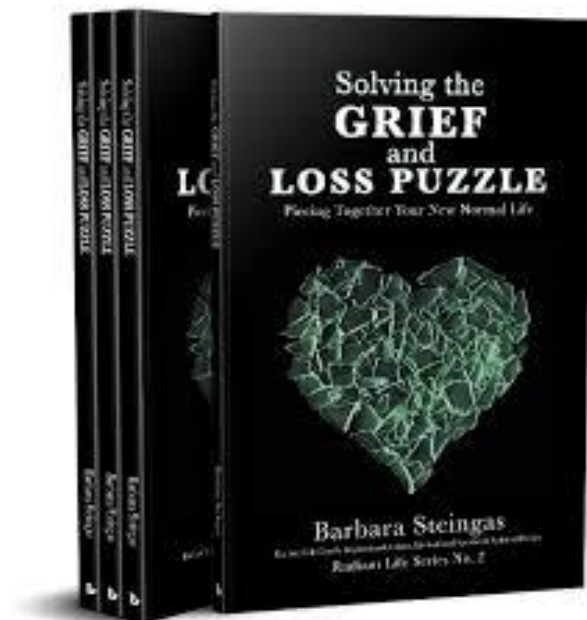
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<http://BarbaraSteingas.com>

P.S. You can learn directly from Barbara on how she made it through the grief by enrolling in her **FREE 30 minute consultation session**. She will help guide you and appoint you in a positive direction. Extract from the universe of her mind and take a sneak peek at Barbara's course on 'grief' by viewing the course profile below.



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How To Solve The Grief & Loss Puzzle



"Pain is part of life, but suffering is optional." –Buddha

- **Educator:** [Barbara Steingas](#)
- **Course:** How To Solve The Grief and Loss Puzzle
- **Presentation Type:** PowerPoint Video
- **Keyword Topic:** Grief
- **Field of Information:** Master Mind Coaching (MMCO)
- **Recorded Content:** Optional
- **Duration Time:** 4 Weeks (4 hours)
- **Information Delivery:** Telephone – Email – Text Messaging – Private Chat – Audio – Video
- **Course Style:** Online or Offline Video with Questions & Answers
- **Attendee:** You Are A Person Who Recently Experienced The Loss of a Loved One and Having a Hard Time Emotionally. You Are Grieving and Feel Pain From The Situation, But You Want Acceptance.
- **Language:** English
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