

# One Family's Journey of Letting Go of What Was and Learning to Live Well With

In this powerful and inspiring memoir, one family shares their journey of letting go of what was and learning to live well with.



## Hit Hard: One Family's Journey of Letting Go of What Was--and Learning to Live Well with What Is by Pat McLeod

★★★★☆ 4.7 out of 5

Language : English  
File size : 77145 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 260 pages  
Lending : Enabled



When their beloved son and brother, Michael, was killed in a car accident, the author's family was shattered. They struggled to come to terms with their loss and rebuild their lives without him. But through their pain, they also found strength and resilience.

This book is a testament to the power of love, family, and hope. It is a story about loss, grief, and change, but it is also a story about healing, growth, and finding joy again.

### Letting Go of What Was

The first step in the family's journey was letting go of what was. This was a difficult and painful process. They had to let go of their dreams for Michael, their expectations for the future, and their old way of life.

But they knew that they could not move on with their lives if they held on to the past. So they began to 少しずつ、彼らは過去を手放し始めました。 They started by selling Michael's belongings and donating his clothes to charity. They also sold his car and his bedroom furniture.

It was hard to let go of these things, but it was also necessary. It was a way of saying goodbye to the old life and making room for the new.

### **Learning to Live Well With**

Once the family had let go of what was, they could begin to learn to live well with. This was not an easy process, but it was one that they were determined to do.

They started by focusing on the things that they were grateful for. They were grateful for their health, their family, and their friends. They were also grateful for the memories that they had of Michael.

They also started to make new memories. They went on family vacations, they spent time with friends, and they pursued their interests. They found that there was still joy to be found in life, even after Michael was gone.

### **The Power of Love**

The family's journey was made possible by the power of love. They loved Michael dearly, and they knew that he would want them to be happy. His

love gave them the strength to let go of the past and to learn to live well with.

The family's story is a reminder that love is the most powerful force in the world. It can heal wounds, mend broken hearts, and give us the strength to face any challenge.

This book is a must-read for anyone who has ever struggled with loss, grief, or change. It is a story of hope, healing, and the power of love.

If you are struggling to let go of the past or to learn to live well with, this book will give you the inspiration and strength you need.



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