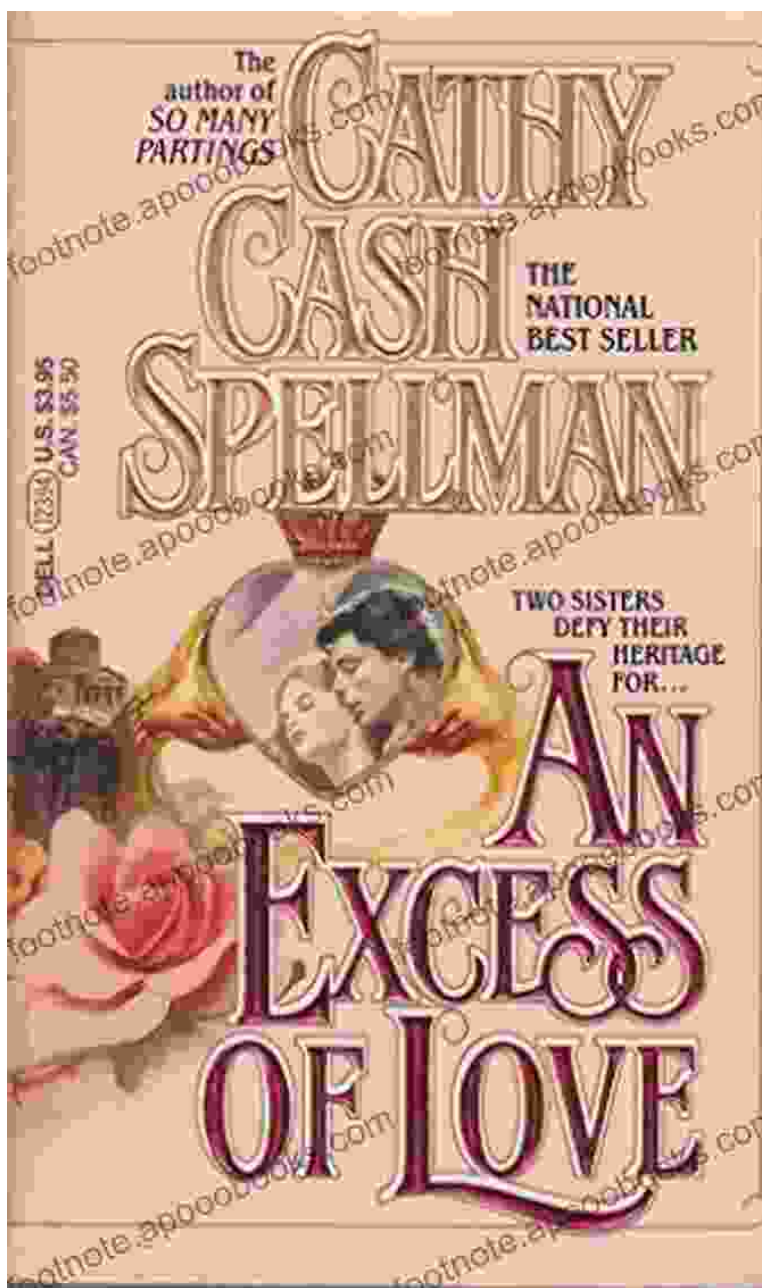


# An Excess of Love: A Heartfelt Journey Through Grief and Healing

By Cathy Cash Spellman



**An Excess of Love** by Cathy Cash Spellman

★★★★☆ 4.5 out of 5



Language	: English
File size	: 1738 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 643 pages
Lending	: Enabled



In her poignant memoir, *An Excess of Love*, Cathy Cash Spellman invites readers to join her on her extraordinary journey through grief. With raw honesty and vulnerability, she shares the depths of her sorrow and pain after the sudden loss of her husband.

*An Excess of Love* is not simply a story of loss, but a testament to the indomitable power of the human spirit. Spellman's writing is infused with hope and resilience, as she gradually finds ways to navigate the labyrinth of grief and *yeniden* discover meaning in her life.

Through her personal experiences, Spellman offers insights into the complexities of grief. She explores the different stages of mourning, the challenges of redefining oneself after loss, and the importance of finding support and community.

*An Excess of Love* is a must-read for anyone who has experienced loss. It is a powerful reminder that grief is a normal and necessary process, and that even in the darkest of times, there is always hope.

Spellman's writing is raw and honest, yet also deeply compassionate. She shares her experiences with humor and grace, offering readers a sense of comfort and understanding.

An Excess of Love is a book that will stay with you long after you finish it. It is a story of love, loss, and hope, that will inspire you to embrace the fullness of life, even in the face of adversity.

### **Praise for An Excess of Love**

"An Excess of Love is a raw and honest account of one woman's journey through grief. Spellman's writing is both heartbreaking and hopeful, and her story will resonate with anyone who has experienced loss." - **Booklist**

"A beautifully written and deeply moving memoir. Spellman's story is a testament to the power of love and the human spirit." - **Kirkus Reviews**

"An Excess of Love is a must-read for anyone who has experienced loss. Spellman's writing is raw, honest, and deeply compassionate. She offers a roadmap for healing and finding hope in the face of adversity." - **The New York Times Book Review**



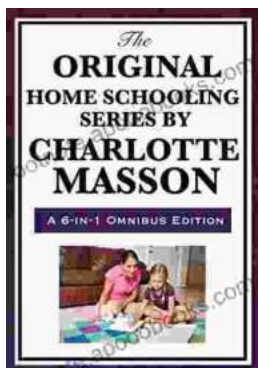
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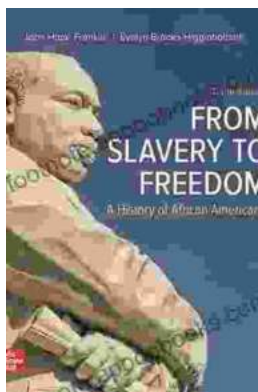
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