



# **Rhythms of Restoration: Practicing Grief on the Path of Grace; A Field Guide of Mini-Retreats for the Hurting and Those Who Help Them**

*By Laura Beach*

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Rhythms of Restoration is a resource for those of us on that journey. It was created out of the spiritual direction and retreat work of Laura Beach, founder of Equipping Lydia, a ministry whose vision is to help Christians experience the deep well of God's love so that restoration can unfold.

The prayers in Rhythms of Restoration have been developed as "mini-retreats" to help those who are struggling find the space to acknowledge the losses of life—for use by individuals in their times of reflection and inner healing work; for small-group leaders at the beginning or end of meetings; or for those who are experiencing transition. Additionally, these

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