

Loss is something everyone experiences in different ways. Love Is! is the moving story of one man's journey of grief, grace, and gratitude following the loss of the person he loved the most, his wife. Frank Hasel shares the unvarnished, painful complexities of dealing with the realities of bereavement and beyond as he grapples to come to terms with the new, unwanted realities of being a young widower and single parent to three boys. It tells of the transformative grace that helps him express gratitude in the most difficult of circumstances. Love doesn't die when the person you love dies. Love endures, but how do you express that love in meaningful and constructive ways? This is not a self-help manual, but rather an invitation to share one man's journey and insights.

If you have ever wondered how to relate to someone struggling with the emotional turmoil created by a significant loss, this book will provide practical insights into what is "helpful help."

This is a story for everyone who has ever lost a heart hero, someone they loved dearly . . . and lost themselves in the process! You are not alone!

"Authentic, real, honest, raw, hopeful, and helpful; Love Is! faces the difficult and dark side of grief with courage and relational integrity."

- KAREN NICOLA, grief educator/coach

"This book is a gift to the world. Love Is! is the story of grief drenched in celebration—a masterpiece of emotional self-analysis."

- TY GIBSON, president, Light Bearers

"Love Is! rises above most biblically oriented books about death and allows space and freedom for the negative emotions that must be felt when such a profound loss is experienced. Love Is! provides a front row seat to the inevitable pain such loss delivers but, through transparency and intense vulnerability, leaves the reader feeling seen, comforted, and filled with hope."

- SARAH C. OTIS, licensed clinical psychologist

"By sharing with us the deep emotional, social, and religious struggles he experienced in losing his beloved wife, Frank Hasel offers us priceless wisdom, practical advice, and religious insights that will assist those going through a similar devastating experience to find constructive ways to cope with their grief. The book is indispensable reading for clergy, counselors, and any person involved in clinical work for the terminally ill."

- ANGEL MANUEL RODRIGUEZ, former director, Biblical Research Institute

Frank M. Hasel is an author and theologian and serves as associate director at the Biblical Research Institute in Silver Spring, Maryland, USA. He is the author of the bestselling books *Longing for God: A Bible-Prayer Journal* (2017) and *Living for God: Reclaiming the Joy of Christian Virtue* (2020).

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