



# I Lost My Husband, Not My Mind!

*Kathy Sheppard*

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## **I Lost My Husband, Not My Mind!** Kathy Sheppard

Is it possible to lose your husband, mother, and brother in one year and not lose your mind or your faith? This book describes an extremely lonely, at times desperate and awesome, journey--a journey of going through grief in search of life after death for the living. It took every ounce of courage, guts, blood, sweat, and tears to face grief. Kathy Sheppard found she wrestled with it, she ignored it, she yelled at it, she cried about it, and she came close to giving up. But somewhere deep within her she found the strength to battle through her moods and emotions. It has been painful for her to review the darkness and daylight of these past years. This is her story.

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