CONTENTS

By the Same Author	8
D I' I'	9
Acknowledgements	10
Foreword by Brother Thomas	
More Mann OFM Cap	11
About the Book	13
Introduction (2005 pages 2) was	17
Chapter 1 Touches of Comfort	
from the Beyond	19
Chapter 2 Barbara's Story	23
Chapter 3 Secrets that Bind Us	49
Chapter 4 A Reframing	63
Conclusion	77
Appendix: What Happens	
After Death?	79
From Grappling with Grief by Dr Penny Raws	on
References	103
Index	105
About the Author	107