



The Infinite Thread: Healing Relationships beyond Loss

Alexandra Kennedy

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The loss we feel when a loved one dies is profound, often accompanied by regret for all that we didn't say or do. Such regret can hinder emotional growth and create wounds that affect all other aspects of our lives. But loss doesn't necessarily mean the end of a connection with a loved one. In fact, it can open the doors to a unique relationship that offers intimacy, healing, and renewal.

In *The Infinite Thread*, author Alexandra Kennedy helps us deal with loss in a powerful new way: by using active imagination, letters, and inner dialogue to re-create and heal past relationships. In doing so, we also amend the often-strained ties with those still living.

The Infinite Thread strips away the veils of mystery surrounding death and transcends preconceptions about death and dying. Rich with opportunities for reflection, it brings enormous comfort to anyone who has ever lost a loved one or been faced with their own mortality.

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