



# The Only Way Through: A Journey of Loss, Transformation and Oneness

*Angela Caughlin*

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## **The Only Way Through: A Journey of Loss, Transformation and Oneness** Angela Caughlin

Angela Caughlin's husband was diagnosed with cancer when they had young children. He was at the height of his career and had plans to provide a wonderful life for his family. Although there is a hole in her heart that can never be filled, Angela was able to use journaling and other healing arts to move through that tragic loss towards oneness. In *The Only Way Through*, she chronicles the ways her family dealt with his death and her path towards healing and new life. Her willingness to share her grief provides an opportunity for those going through loss to understand that although they must take that painful walk by themselves, they are not alone in spirit—many others can understand the profound nature of their pain.

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