



# Return From Exile: overcoming loss, failure, and personal setbacks

*F. Remy Diederich*

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## **Return From Exile: overcoming loss, failure, and personal setbacks F. Remy Diederich What Are Readers Saying About "Return From Exile?"**

“Return from Exile is a road-map through the wilderness of loss.”

[I learned that]...“our lowest low is the very time that God is making His greatest investment in us.”

### **How are loss, failure, and personal setbacks an exile?**

Literally, exile is when a person, or a people, are banished from their country. Metaphorically, exile is when life throws you a curve and you end up lonely, disillusioned, and suffering grief over what you once held close.

### **What kind of losses make an exile?**

Exile could be from a relational breakdown, like divorce, or from the abuse of your childhood. It could be from the death of a loved one, or from a setback in health, like cancer. Exile can result from various seasons of life like a job loss, infertility, the empty nest, or an emotional condition like depression or anxiety.

Loss comes in many forms. But most people are unaware of the deep impact it has on their lives. As a result, they live with a nagging ache in their heart, feeling lonely and broken, having no idea how to deal with it.

### **How will "Return from Exile" help me recover from my grief and depression?**

In "Return from Exile," F. Remy Diederich takes a solid biblical approach to help you recover from your grief and loss. The book is written with forty short chapters that enable you to process your loss and get your life back on track.

These devotionals explain the impact loss has on you, how God can use your grief to develop you as a person, and then show you how God wants to bring you out of your depression to restore your joy and sense of purpose.

### **Readers have summarized “Return from Exile” by saying:**

"I found myself highlighting a lot in this book to go back and revisit, but I also found the book highlight some things in my life to go back and revisit."

“In this book Remy offers incredible insights into loss, spirituality, and self-compassion that are interwoven with some of the great Bible stories. It is accessible and contains much practical wisdom that can be used immediately.”

## **Don't waste your grief and loss.**

If your setback has caused you to lose hope and direction, then "Return From Exile" will help get your life back on track. Don't waste your grief and loss. Let God use them to transform your life for good. If you have been considering Christian counseling, this book might be a good first step in that direction.

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### **From reader reviews:**

#### **David Crockett:**

Have you spare time for a day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a wander, shopping, or went to often the Mall. How about open or read a book eligible Return From Exile: overcoming loss, failure, and personal setbacks? Maybe it is to get best activity for you. You already know beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with the opinion or you have additional opinion?

#### **Leticia Nielson:**

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#### **Irving Brehm:**

Many people spending their time by playing outside together with friends, fun activity using family or just watching TV all day every day. You can have new activity to spend your whole day by reading a book. Ugh, think reading a book will surely hard because you have to bring the book everywhere? It ok you can have the e-book, having everywhere you want in your Touch screen phone. Like Return From Exile: overcoming loss, failure, and personal setbacks which is obtaining the e-book version. So , try out this book? Let's find.

#### **Denise Welton:**

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