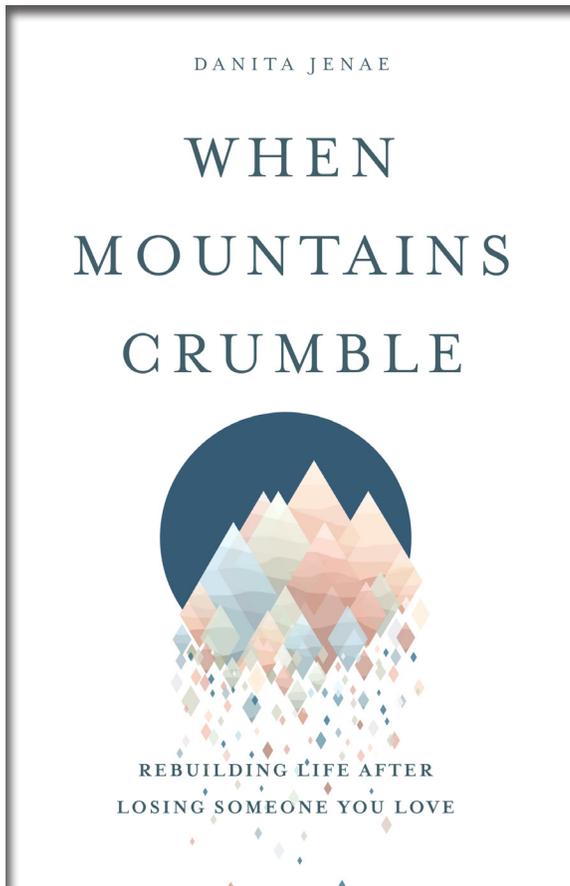




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## ***When Mountains Crumble***

*Rebuilding Life After Losing Someone You Love*

March 2022      Paperback      978-0-8024-2556-0

### **How do we make sense of what feels senseless?**

Grief leaves us with empty arms and fistfuls of questions. If we don't get help processing our loss, we can easily get stuck there. But take heart—there is hope to be found for the way ahead.

*When Mountains Crumble* offers you an interactive, healing journey through the big questions and emotions of grief. This book serves as your companion and guide, providing practical wisdom and thought-provoking questions that will help you wrestle with the pain you're feeling.

Danita Jenae, a survivor of loss herself, helps lighten your load of sorrow with gripping honesty, reassuring gentleness, and a mild case of dark humor. She braves topics like doubting God's goodness and wondering why this happened. Danita will help you:

- Grieve in your own way at your own pace
- Make peace with the big emotions of sorrow
- Process your doubts and questions
- Find peace and laughter, even in the heartbreak

*When Mountains Crumble* isn't a formulaic how-to book because there's no right or wrong way to grieve. In fact, you'll find the freedom and permission to feel what you need to feel and ask what you need to ask. Through vivid word pictures, poetry, and illustrations, you'll begin to understand your grief in a fresh way. By sifting through the ashes alongside Danita, you'll uncover peace for now and hope for the future. And as you begin to embark on this difficult journey . . . you'll no longer feel so alone.

## ABOUT THE AUTHOR



**Danita Jenae** is a young mom and recent military widow learning to carry both joy and sorrow in the same breath. As an author, speaker, poet, and artist, she walks alongside the broken-hearted, offering practical and creative ways to lead a Spirit-led life at [danitajenae.com](http://danitajenae.com) and [@CompanionInSorrow](https://twitter.com/CompanionInSorrow). To help you find your footing in sorrow, Danita invites you to grab your free copy of *The Grief Guide* at [WhenMountainsCrumble.com](http://WhenMountainsCrumble.com).

## ENDORSEMENTS

"We're from different generations; I'm older, Danita is younger. Our stories are different, yet the same. I lost my precious daughter to liver cancer while she lost her amazing husband in a climbing accident. Our pain hurts the same. In *When Mountains Crumble*, Danita is vulnerable and heart-wrenchingly honest, giving both practical help and spiritual wisdom gleaned during her walk through the Valley of Weeping. I highly recommend this book!"

—LINDA DILLOW, author of *Calm My Anxious Heart* and *Satisfy My Thirsty Soul*

"This book sparkles with authenticity that acknowledges the angst of unanswered questions. It's also refreshing, creative, unique, and riveting. If you've lost a loved one or if you've been looking for the ideal resource to put into the hands of someone who is grieving due to death or an unexpected crisis that has dramatically changed life's trajectory, buy this book. The author offers no quick fixes; instead, she provides support for the next step in the journey. *When Mountains Crumble* is a timeless treasure you'll want on hand to give to anyone who is experiencing loss."

—CAROL KENT, speaker and author, *When I Lay My Isaac Down* and *He Holds My Hand*

"When your world is rocked by the death of a loved one, the tumble of emotions and weight of decisions in the aftermath are overwhelming. In *When Mountains Crumble*, you will find a pathway through the labyrinth of grief so you can wrangle your emotions, find comfort in your sorrow, and find hope for your future."

—ROBYN DYKSTRA, national Christian speaker; author of *The Widow Wore Pink*; two-time widow

## SUGGESTED INTERVIEW QUESTIONS



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1. Tell us your story and why you wrote this book.
2. We understand that your husband, Dan, passed away much too soon. Tell us about Dan and your relationship with him.
3. The loss of a loved one often changes our relationships with family and others. I imagine it changes your relationship with God too. How did losing your husband affect your relationship with God and your prayer life?
4. Many people find themselves questioning God after the loss of a loved one. Is it ok to question God? And can you give us a biblical example of this?
5. Losing a loved one brings a lot of sudden changes. What ways did you experience grief changing your personality or identity?
6. What was one of the things about the grief process that you were most unprepared for?
7. You talk about being very gracious and kind to yourself when grieving. What are some practical ways our listeners can take care of themselves?
8. When you talk about healing from loss, you use an unusual term: "Grief Work." What do you mean by this, and can you explain what this looks like?
9. Like the term "Grief Work," you seem to be rewriting some new vocabulary around grief. Can you tell us why that is?
10. I'd like to ask you about some of these other new phrases. First of all, what is a "Grief Bomb" and how can our listeners deal with them when they come?
11. Second, you mention "Grief brain." What is that?
12. You approach healing from grief in some unusual ways like through doodling and art instead of simply verbally processing. Why is that and how can art be helpful?
13. What is lament, and how can it help those who are struggling with suffering and loss?
14. In His Sermon on the Mount, Jesus said, "Blessed are those who mourn." But it doesn't always feel like a blessing. What do you think Jesus meant when He said this?
15. When we know someone who is mourning, what can we do to help them? How can we best support them?
16. What last thoughts of encouragement do you have for our listeners who are grieving? Would you be willing to pray for them now as we end our interview?