# Track: A Student's Guide to Grief

*Paul Tautges*

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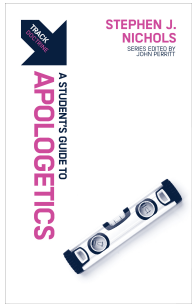


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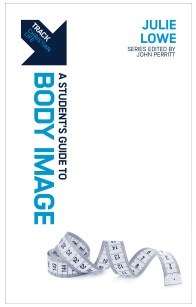


**DESCRIPTION**

Paul Tautges' compassionate, biblical guide to grief is an invaluable addition to the Track series for young adults. We all encounter grief at some point in our lives, but what does the Bible say about how we handle the aftermath of separation? Tautges compassionately addresses the struggles we face when dealing with loss, all the while pointing to the hope and comfort that can be found in Christ.

- **Part of Track series for young adults**
- **Discussion questions with each chapter**
- **Written by pastor and biblical counselor**

Track is a series of books designed to disciple the next generation in the areas of culture, doctrine, and the Christian life. While the topics addressed aren't always simple, they are communicated in a manner that is.

With the intention of the content being absorbed, examined and applied, each chapter includes a summary of the main point, and reflection questions that can be used individually, in 1–2–1 mentoring or in a group setting.

**AUTHOR**

Paul Tautges serves as pastor of Cornerstone Community Church in Cleveland, Ohio. He has authored many books about Christian living, pastoral ministry, counseling, and parenting, including Remade: Embracing Your Complete Identity in Christ and A Small Book for the Hurting Heart. Paul and his wife Karen enjoy life with their ten children and their spouses, and a growing tribe of grandchildren. He blogs regularly at www.counselingoneanother.com.

**ENDORSEMENTS**

Paul Tautges has both suffered and guided others through their own times of suffering. And through it all he has grown in wisdom, joy, and godly character. This makes him a trusted guide to those who wish to know how to pass through times of trial in a way that brings glory to our great God.

**Tim Challies**
*Author, 'Seasons of Sorrow'*

Comforting and God–centered, this resource offers Christian students a framework from which to process their grief with hope. If you're looking for a book that can serve as a springboard for meaningful conversations in mentorship contexts, let this tool be your guide as you care for a grieving heart

**Christine Chappell**
*Certified biblical counselor; author, 'Midnight Mercies'; host, Hope + Help Podcast, Institute for Biblical Counseling & Discipleship*

**TECHNICAL DETAILS**

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