

Zac Efron In 'Charlie St. Cloud'



Charlie St. Cloud is a romantic movie based on Ben Sherwood's 2004 novel, *The Death and Life of Charlie St. Cloud*. The star of the movie, Zac Efron, plays Charlie, a young man grieving after a tragic car accident takes the life of his younger brother, Sam. Charlie remains connected to his brother's spirit, taking a caretaker job in the cemetery where Sam is buried so they can play catch and talk every night. The turning point is when Tess (Amanda Crew), comes into Charlie's life, and he's faced with the decision to let go of the past or move forward with his newfound love.

Does the past hold you back from falling in love?

Cupid's Advice:

When love comes into your life after a tragic loss, it can be hard to open your heart. The following are some ways you can begin to heal and love again:

1. Cope with the tragedy: In order to move forward with your life, it's important to first deal with the emotional pain of losing someone close to you. When a family member or friend dies, seek guidance from a professional, or find a support group that can help.

2. Visualize the future: Whether you walk alone or with a mate, positive visual exercises that focus on the future will give you strength as time goes by.

3. Refocus your energy: The good news is that meeting someone new can be a positive influence, mentally. Falling in love can boost your spirits, help release the pain of your tragedy, and help you to start living in the present again.

If you're dealing with the loss of a loved one and don't know where to turn, follow Cupid for more information about Coping with Grief and Loss.

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