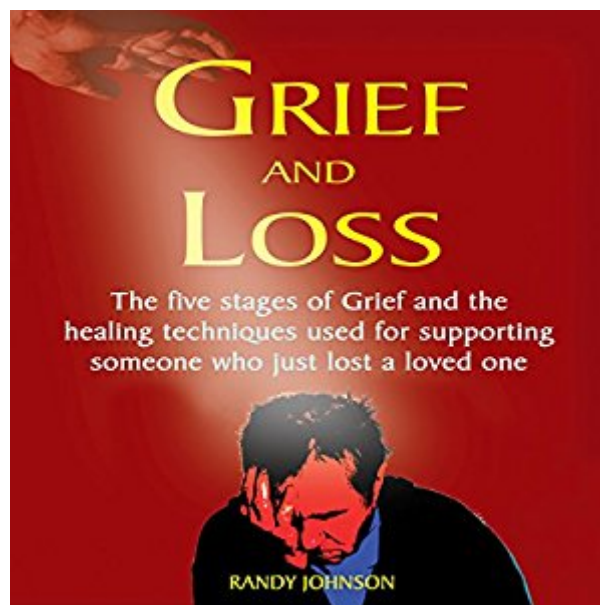




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# **Grief And Loss: The Five Stages Of Grief And Healing Techniques Used For Supporting Someone Who Just Lost A Love One**



## Synopsis

Discover what you need to know about grief and loss. Are you undergoing the loss of a loved one - a spouse, a partner, a parent, a child, or someone else - who had been a vital part of your life and about whom you cared deeply? Has your loss left you sad, confused, angry, and full of questions that seem to have no answers? If any of these examples describes your current situation, chances are you are experiencing grief - a natural, normal response to encountering any major loss. Grief is an emotional distress that you suffer when someone or something close to you has been taken away. It is a multidimensional experience that can affect you physically, emotionally, socially, and even spiritually. Grief can come upon women or men at any age or stage of life, and it cuts across all socioeconomic levels. No one escapes loss; whatever your philosophical or spiritual belief system, experiencing a significant loss and the subsequent grieving can shake up your psyche. In this book we use the analogy of your life being on a road trip, and now, with the death of your loved one, you are forced to take the detour of grieving. This book is focused totally on recovery from the emotional pain caused by death. For all of you struggling with unresolved grief issues over the loss of a loved one, I know that the actions outlined in this book will lead you to resolution of the pain caused by this loss. I also know that recovery is not an easy journey. I know that your losses may have closed your heart down. If I could, I would be with you as you take the actions that will lead your heart to open again. Here is a preview of what you'll learn: Understanding grief The five stages of grief and loss Management of grief and distress Rebuilding your routine Turning loss into healing Finding peace How to say good-bye to the old road Heading for a clear road ahead Much, much more!

## Book Information

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## Customer Reviews

I have comforted close friends in the past who have lost their loved ones. But I personally grieved myself. Life has been pretty good to my family but I know that can change in an instant and I can never predict what I'll go through next. I read this book purely out of curiosity so I can possibly cope with future situations the best I can and well, the advice is powerful and it goes through many chapters from understanding grief to healing. Then I realized how important it is to read this book while I'm still okay so I have a clear mind and open to learning. I think reading this during my stage of grief would make things much more difficult to grasp. It's a really good book.

Everyone grieves differently, and no one can tell you how to process loss. Sometimes when you're grieving, you seek a better understanding of the process you're going through. This book provides you with some good information on the stages of grief that could help you to process the loss you've suffered as well as help you continue living as you grieve. It is never easy to lose someone you love, but there are always some things that make the process a bit more bearable.

This book provides much useful information that has helped me through some difficult days over the past couple of months. The only complaint that I have is the formatting of the book. Section headings that lack formatting and incomplete sentences sometimes make reading a little difficult but it does not take away from the content. I highly recommend this book for anyone who is working through the grief process.

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