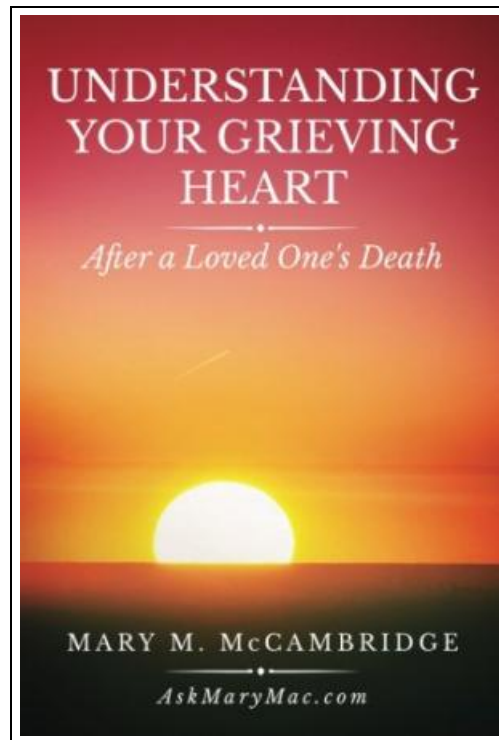


Understanding Your Grieving Heart After a Loved One's Death (Paperback)



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Reviews

The book is straightforward in go through better to understand. it had been writtern quite flawlessly and valuable. You can expect to like the way the author publish this book.

(Reyes Murphy)

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Createspace Independent Publishing Platform, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Mary Mac (shares her comprehensive book on the subject of grief to bring solace, comfort and understanding as you begin your journey through the grieving process. In her warm conversational style, she shares her own personal experiences and those of countless survivors she has counseled to make Understanding Your Grieving Heart After a Loved One s Death an invaluable resource that you will turn to time and time again on your road to stability and healing. Here you will learn: - The myths surrounding the grieving process - The emotional, physical, spiritual, social, intellectual and financial challenges of grief - How to deal with anger, fear, stress, loneliness, regrets and depression - How to handle your loved one s belongings - How grief affects your marriage - How to help children through the grieving process - How to balance the needs of family, friends and business colleagues with your own needs - What to do for yourself when holidays, birthdays, anniversaries come around - How to honor your loved one s memory Additionally, you will find: - The comprehensive list of national grief support organizations and 24 hour hotlines to locate help for yourself in your area - A list of over 175 books to help you through the grieving process, all personally reviewed by the author and categorized by need to make it easier to find what you are looking for. Learning more now about what you may encounter in the future will help alleviate unnecessary pain. Take this bold step to learn practical ways to help yourself through this difficult time. Begin this new journey here. Praise for Understanding Your Grieving Heart After a Loved One...



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