



A New Mourning: Discovering the Gifts in Grief (Paperback)

By Georgena Eggleston

Balboa Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Would you try to change a flat tire with your bare hands? Of course not. You would access the tool kit in the trunk of your car. So when grief flattens you, why not reach for a tool kit? Grief does not have to be constant. Although that may be how you feel in this moment, discover four unique, simple tools in this book to move beyond your grief: practical self-care strategies listening touch discovery and curiosity object permanence Without dishonoring the person, pet, or object that is no longer present in your life, discover how you can be transformed beyond your grief. The intention of this book is to expand your awareness so you can reinvent yourself to live fully. You become empowered when your body, mind, emotions, and spirit work together in synergy. Receive permission, assurance, and practical guidance to discover where grief lives in your body, how to release it and replace the thoughts that keep you stuck in the grief loop. With new awareness, discover how curiosity and self-care can be lifelines to radiant living.



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