



Choosing to Live: Enduring the Loss of a Loved One

By Jerry D Campbell

Archway Publishing, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.When Jerry D. Campbell met his co-worker Veta, there was a policy that forbade employees from dating each other. Of course, they broke it - and ended up being sweethearts for forty-seven years. But when Veta died in April 2010, she left behind a husband devastated by grief. By forcing himself to work through it, he was able to deal with his loss while still enjoying life. If you re dealing with the death of a loved one, you can t run away from it. In this guidebook to working through loss, you ll learn how to: develop a grief calendar that will help you cope with loss; maintain a positive attitude as you work through new challenges; continue to go about daily life even though you may be alone. You ll also learn about the five stages of grief identified by Elisabeth Kubler-Ross and why the author thinks it s necessary to get to a sixth stage - one he identifies as growth. By knowing what to expect when a loved one dies and seeing what...

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