



## From Grief to Growth: 5 Essential Elements of Action to Give Grief Purpose and Grow from Your Experience (Paperback)

By Stephens M a

Paula Stephens, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The loss of a loved one can be the most life altering event we experience. But how do we ensure it alters our life for better and we don t get stuck in the dark emotions grief brings up? In From Grief to Growth Paula Stephens, will lead you through the five game changing elements that will give you a road map to a joyful life after loss. Paula tells you how she went from hiding in the shadow of her son s death to living in the sunshine of his life. With humor and wit, she shares the stories of the death of her father, her middle son s drug rehab, and her own struggles to heal. Her practical tips and examples of how others have healed she will light the way for anyone wanting to find the sunshine after the loss of a loved one. This book will help you discover: -How to identify what s keeping you from a happy life after loss -Why you can t only rely on friends and family for support and who you...

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