



## Unlocking the Grief Code: A Grief Recovery Manual Using Mind, Body Spirit Healing Solutions (Hardback)

By Sandra Ruggles

Balboa Press, United States, 2013. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is designed to help you recover from the emotional pain of grief and loss. It is a holistic manual and a workbook with practical exercises and techniques to help you take the necessary steps to regain your overall well-being and become a whole person again. By reading this book, you can learn new ways to live your life free from grief. It is Sandra s wish for all of you reading this book that you heal easily, effortlessly, and faster than you ever imagined.



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