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FIRST STEPS THROUGH BEREAVEMENT (PAPERBACK)



Lion Hudson Plc, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. First Steps is a new series of short, affordable self-help guides on a range of key issues. In First Steps through Bereavement, Sue Mayfield provides practical and encouraging advice on coping with bereavement including how to get through the different stages of bereavement and how to express one's own feelings. Other titles in the First Steps series include Anxiety, Depression, Eating Disorders, Gambling and...

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- Authored by Sue Mayfield
- Released at 2011

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