The Healed Heart I liked about there is that they showed a dancing called contemporary that is a really hard type of dance that I always see in the television but when I saw it in real life it really looks harder but the way they showed it was really nice that you could all see them doing things in the right place at the right time. The other one is when a person talked in the front and said some inspiring words that made my life a bit changed because it’s like she is teaching you the right way to do this and that and the right place and the right time. How can I handle my own grief? For sure at first you will really be sad and depressed and that be can’t be avoided, also that there comes a time that you will have no energy to eat because of your depression. So for me there will be a time that you can handle your own grief surely it will never be at the start because it really hurts but I can handle it just by doing a lot of things and concentrating of your works ,having a lots of good time with your friends and family, Sleep? For me it works and specially moving on. Moving on is one of the most important because if you don’t move on your life will be nothing because that person will never go back to you or he or she is gone that you can’t do anything about it. That why moving on is important for me and for the people that has a grief in their lives.