



An Introduction to Coping with Grief

By Sue Morris

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Coping with Grief, Sue Morris, This is a new addition to the popular 'Introduction to Coping with' series of CBT-based self-help booklets. Written by the author of the popular self-help title Overcoming Grief, An Introduction to Coping with Grief offers valuable guidance for the recently bereaved. Grief is a natural reaction to loss but in some cases it can be devastating, preventing the bereaved from moving on with their life and affecting their relationships and work. This self-help guide offers an examination and explanation of the grieving process and offers strategies based on CBT to help someone adjust to life without a loved one. This practical booklet is also an ideal resource for health professionals and carers.



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