



## One Woman s Journey: Recovering from Grief (Paperback)

By Ruth Foreman

iUniverse, United States, 2003. Paperback. Book Condition: New. 233 x 153 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Touching and open and relevant for anyone who has experienced this loss. A wonderful and inspiring read. It hits right at one, in our hearts and emotions. --Ronald Suleski, Ph.D Harvard University Cambridge, Massachusetts Achieving peace and detachment seems to be for the strong hearted and this book not only explains the process but it also reflects those hidden feelings that get in the way and need to be released. -- Robert Gerard, Ph.D Teacher and Author of DNA Healing Techniques Oughten House Foundation, Inc. Coarsegold, California Your story touched me completely. I can t ever begin to tell you how much it helped me with my own personal grieving for my mother. --Linda Esterly Dental Hygienist, Oakhurst, California Ruth Foreman, a practicing healer and writer demystifies the grieving process as she echoes personal emotion following the sudden death of her mother. She gives sound advice on how to conquer grief and presents concrete exercises to soften the grieving process. This author writes with bare bones clarity and straight from the heart emotion. Within her pages she seems...



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