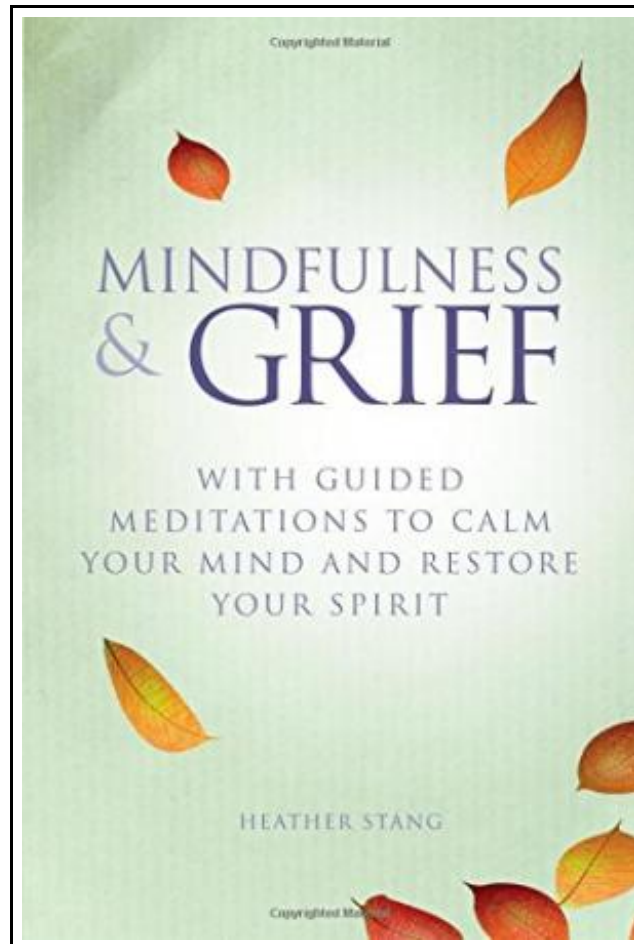


Mindfulness and Grief: With guided meditations to calm the mind and restore the spirit



Filesize: 9.47 MB

Reviews

Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion.

(Dr. Sarai Fisher DDS)

MINDFULNESS AND GRIEF: WITH GUIDED MEDITATIONS TO CALM THE MIND AND RESTORE THE SPIRIT



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CICO Books. Paperback. Book Condition: new. BRAND NEW, Mindfulness and Grief: With guided meditations to calm the mind and restore the spirit, Heather Stang, Soothing mindfulness exercises to help you cope during your time of grief. Without proper support, navigating the icy waters of grief may feel impossible. The grieving person may feel spiritually bankrupt and often the loss is so painful that the bereaved may lose faith in what they once held dear. Mindfulness meditation can restore hope by offering a compassionate safe haven for healing and self-reflection. While nobody can predict the path of someone else's grief, this book will guide the reader forward through the grieving process with simple mindfulness-based exercises to restore mind, body and spirit. These easy-to-follow meditations will help the reader to cope with the pain of loss, and embark on a healing journey. Each chapter focuses on a different aspect of grief, and the guided meditations will calm the mind and increase clarity and focus. Mindfulness and Grief will help readers to begin the process of reconstructing the shattered self that is left in the wake of any major loss.



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