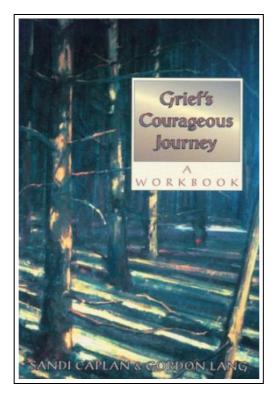
Grief's Courageous Journey: A Workbook



Filesize: 3.03 MB

Reviews

It is fantastic and great. It usually will not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Modesto Mante)

GRIEF'S COURAGEOUS JOURNEY: A WORKBOOK



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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Grief's Courageous Journey: A Workbook, Sandi Caplan, Gordon Lang, Grieving the loss of a loved one is an intensely personal process. If you're grieving a loss, this book takes your hand and guides you, at your own pace, along the path of your own healing journey. Grief's Courageous Journey provides a compassionate program of steps to take for coping with day-to-day life and accepting the changes in yourself and others. Guided by a sequence of journaling exercises and suggestions for creating healing personal rituals, you can use the book to tell the story of your relationship with the person who died, grieve your loss, and safely remember the past. You will also learn techniques for redefining your present life and re-creating your sense of future. The book includes a comprehensive ten-session facilitator's guide for creating a grief support group in your community.



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