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Bereavement: The Essential Guide

By Laura Cook

Need2Know. Paperback. Book Condition: new. BRAND NEW, Bereavement: The Essential Guide, Laura Cook, At some point in our lives most of us will have to cope with the death of a loved one. The loss of a parent, child, friend, sibling, grandparent or partner can be a devastating experience, leaving you feeling unable to cope. This guide is aimed at helping you to find your way through your grief, showing you that in time it is possible to lead a happy and fulfilling life, even in the absence of a loved one. Information is provided on all aspects of bereavement, including emotional coping strategies, arranging a funeral, understanding probate, breaking bad news to others and helping children to manage their grief. Each chapter offers a summary of key points, as well as checklists to help you with practical tasks. You may hear people say that grief is a very personal thing, but it is important to remember that you are not alone. As well as offering information on where to get help, this book will support you through each stage of the grieving process.



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Reviews

Here is the finest publication we have read right up until now. It is actually written in easy words instead of difficult to understand. Its been written in an remarkably easy way in fact it is only right after i finished reading this book in which basically changed me, modify the way i really believe.

-- **Prof. Vanessa Smitham V**

The very best publication i possibly read. it was writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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