

[GET] Anxiety: The Missing Stage of Grief: A Revolutionary Approach to Understanding and Healing the Impact of Loss

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a revolutionary approach
to understanding and healing
the impact of loss

ANXIETY the missing stage of grief

Claire Bidwell Smith, LCPC

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A groundbreaking book exploring the little-known yet critical connections between anxiety and grief, with practical strategies for healing, following the renowned Kbler-Ross stages model. Anxiety disorders are on the rise; many people are looking for resources to help them cope with anxiety, yet most people aren't aware that unresolved grief is a primary underpinning--or that the two are related at all. In her therapy practice and in her own life, Claire Bidwell Smith discovered the connections between anxiety and grief. Now, backed by research, case studies, and interviews, Bidwell Smith breaks down the physiology of anxiety, giving readers a concrete foundation of understanding in order to help them heal the anxiety caused by loss. Taking a big step beyond Elisabeth Kbler-Ross' widely accepted five stages, *Anxiety: The Missing Stage of Grief* explains the intimate connection between death and grief and how they specifically cause anxiety--unpacking everything from our age-old fears about mortality to the bare vulnerability a loss can make us feel. With concrete tools and coping strategies for panic attacks, getting a handle on anxious thoughts, and more, Bidwell Smith bridges these two emotions in a way that is deeply empathetic and eminently practical. **DISCLAIMER:** "We cannot guarantee the availability of this ebook on an external site."

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