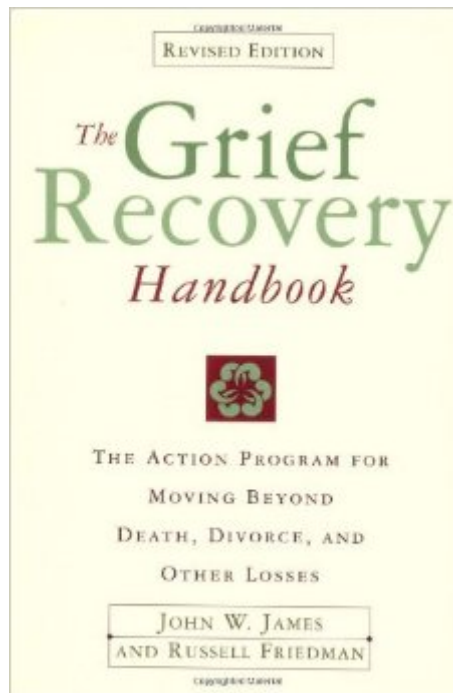


The book was found

The Grief Recovery Handbook : The Action Program For Moving Beyond Death Divorce, And Other Losses



Synopsis

This is a used book in excellent condition! The binding is tight, the pages are free from markings. There is some writing in front cover from original gift giver. Incomplete recovery from grief can have a lifelong negative effect on your capacity for happiness. Drawing from their own histories, as well as from others, the authors illustrate what grief is and how it is possible to recover and regain energy and spontaneity. Based on a proven program, now extensively revised, The Grief Recovery Handbook offers grievers the specific actions needed to complete the grieving process and accept loss. For those ready to regain a sense of aliveness, the principles outlined here make this a life-changing handbook.

Book Information

Paperback: 173 pages

Publisher: Harper Paperbacks; 2 Revised edition (June 23, 1998)

Language: English

ISBN-10: 0060952733

ISBN-13: 978-0060952730

Product Dimensions: 5.3 x 0.4 x 8 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (75 customer reviews)

Best Sellers Rank: #177,712 in Books (See Top 100 in Books) #276 in [Books > Parenting & Relationships > Family Relationships > Divorce](#) #338 in [Books > Self-Help > Death & Grief > Grief & Bereavement](#) #371 in [Books > Self-Help > Relationships > Love & Loss](#)

Customer Reviews

Grief is a terrible and unpleasant situation to work through. This book gives a lot of information and background, in addition to the "workbook" techniques that allows the reader to actually work through the grief process and finally let it go. I was surprised to find, when I purchased this book after the recent death of a loved one, that another loss, another death, came to mind most often when reading the book. In working through the workbook techniques, I have been able to release the death of my recently lost loved one, as well as several other losses (and not all of them death - some are loss of jobs, of relationships, which also involve grief). I remain impressed about the wealth of information in this book and how helpful it is for any kind of loss. If I could wave my "magic wand", I would have everyone read this book and work the "workbook" part, so that we all can be better at dealing with grief in our lives, as well as helping others who are going through a grief

process. I know for myself if I had been better supported through at least two other grief moments in my life the recent death of my loved one would have been much easier to go through (and the other grief moments themselves easier to go through as well). I highly recommend this book to anyone going through any kind of grief, whether it be death, divorce, a relationship breakup, a move, a job layoff/ firing/ quitting or anything that causes unhappiness, sadness, or heartache no matter how "significant" or "insignificant" society tells us that incident should be.

[Download to continue reading...](#)

The Grief Recovery Handbook, 20th Anniversary Expanded Edition: The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith
The Grief Recovery Handbook : The Action Program for Moving Beyond Death Divorce, and Other Losses
Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4)
Divorce & Money: How to Make the Best Financial Decisions During Divorce (Divorce and Money)
The Michigan Divorce Book: A Guide to Doing an Uncontested Divorce Without an Attorney Without Minor Children (Michigan Divorce Book Without Minor Children)
Florida Divorce Handbook 5th ed. (Florida Divorce Handbook: A Comprehensive Source of Legal Information & Practical Advice)
Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner
The Smart Divorce: Proven Strategies and Valuable Advice from 100 Top Divorce Lawyers, Financial Advisers, Counselors, and Other Experts
Death Without Denial, Grief Without Apology: A Guide for Facing Death and Loss
The Divorce Handbook: Your Basic Guide to Divorce (Revised and Updated)
Coping with the loss of a dog: How to deal with the death of your friend (Dealing with the grief of pet death Book 1)
Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction)
Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief)
Children's Book About Moving: A Kids Picture Book About Moving with Photos and Fun Facts
Moving In (Moving In Series Book 1)
Other Losses: An Investigation into the Mass Deaths of German Prisoners at the Hands of the French and Americans after World War II
Unspeakable Losses: Healing From Miscarriage, Abortion, And Other Pregnancy Loss
How to End an Unhappy Marriage: An Essential Guide to Letting Go Emotionally, Preparing Yourself Mentally, and Moving On Physically - (When to Get a Divorce | When to End a Marriage)
Celebrate Recovery Updated Leader's Guide: A Recovery Program Based on Eight Principles from the Beatitudes
Putting Kids First in Divorce: How to Reduce Conflict, Preserve Relationships and Protect Children During and After Divorce

