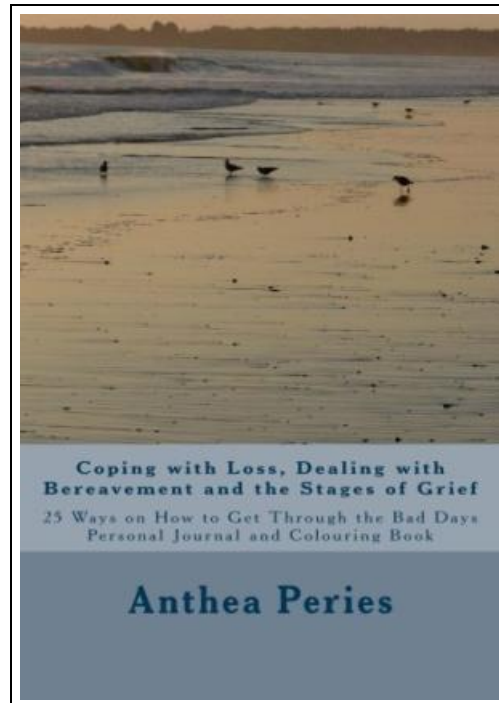


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(Prof. Owen Sporer)

COPING WITH LOSS, DEALING WITH BEREAVEMENT AND THE STAGES OF GRIEF: 25 WAYS ON HOW TO GET THROUGH THE BAD DAYS PERSONAL JOURNAL AND COLOURING BOOK (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Coping with Loss, Dealing with Bereavement and the Stages of Grief: 25 Ways on How to Get Through the Bad Days Personal Journal and Colouring Book ABOUT THIS BOOK: You know how when grief overwhelms us, the Valley of the shadow appears to be an endless and very dark place. All you really want is your loved one back. No one should live in a painful, draining and negative state. An unhappy mindset and attitude to life after a loss can only lead to a downward spiral and possibly depression. Coping with grief in a healthy way, will enable you to slowly but surely get your life back into a positive light. Acknowledge your loved ones contributions to your life, and the joy they brought to others. Consider how blessed you are for having known them and allow your light to shine once again. Your loved ones will always be a part of you, and nothing will change that. It is all about how you learn to cope with the grief, and to accept that they have moved on because, just like us, they are still part of a perfect and much bigger and grander plan. Whatever loss you suffer, this book has been produced to help you understand and process your grief. This keepsake combined colouring grief book journal contains 25 simple tips to help you, or someone you know, get through the bad days in the grief stages and beyond. Take time out to relax and reflect about your loved one in a positive and healthy way. Colouring images and writing is therapeutic, and part of creativity to focus your mind through the grief stages; and the healing process in...

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