

1. Record Nr.	UNINA9910136845203321
Autore	Richardson Tanya Carroll <1974->
Titolo	Forever in My Heart : A Grief Journal / / Tanya Carroll Richardson
Pubbl/distr/stampa	Berkeley, CA : , : Ulysses Press, , [2016] ©2016
ISBN	1-61243-623-4
Descrizione fisica	1 online resource (40 pages)
Disciplina	616.8914
Soggetti	Mind and body therapies
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Title Page -- Copyright -- Dedication -- Contents -- Introduction -- Chapter 1 -- Chapter 2 -- Chapter 3 -- Chapter 4 -- Chapter 5 -- Chapter 6 -- Chapter 7 -- Chapter 8 -- Conclusion -- Acknowledgments -- About the Author.
Sommario/riassunto	Questions, suggestions, and prompts for immortalizing the memories of a loved one who has passed on Filled with touching and inspirational prompts, Forever in My Heart is a comforting journal for recording your reflections on your loved one. This journal will help you explore your emotions and find healing through writing. It also includes pages to scrapbook photos and other treasured mementos. Celebrate the life of your loved one. Keep their spirit close in your heart. Remember and cherish your time together.