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Autore	Rawson Penny
Titolo	Grappling with Grief : A Guide for the Bereaved // by Penny Rawson
Pubbl/distr/stampa	Boca Raton, FL : , : Routledge, , [2018] ©2004
ISBN	9780429896984 0-429-90009-0 0-429-47532-2 1-283-24905-7 9786613249050 1-84940-448-8
Edizione	[First edition.]
Descrizione fisica	1 online resource (125 p.)
Disciplina	155.9/3
Soggetti	Bereavement - Psychological aspects Grief Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	COVER; ACKNOWLEDGEMENTS; FOREWORD; Introduction; CHAPTER ONE: "I think I'm going mad"; CHAPTER TWO: It's never the same again; CHAPTER THREE: How long?; CHAPTER FOUR: What happens after death?; CHAPTER FIVE: What can I do to help myself?; CHAPTER SIX: What can I do to help the bereaved?; CHAPTER SEVEN: Inching forward in leaps and bounds; REFERENCES; INDEX
Sommario/riassunto	This book looks at different ways of going through a loss of any kind. The author draws examples from her experience as a psychotherapist and counsellor and offers the readers the chance to learn about different ways of grieving, as well as make them see that they are not alone in their grief. The language is free of jargon and the book manages to tackle this difficult subject with the dignity it deserves. The author also offers practical information on the "symptoms" of people faced with loss, her view on the different cycles of grief as well as advice to people close to a grieving person.

