

1. Record Nr.	UNINA9910813675903321
Autore	Wolfelt Alan
Titolo	Living in the shadow of the ghosts of grief [[electronic resource]] : step into the light / / Alan D. Wolfelt
Pubbl/distr/stampa	Fort Collins, CO, : Companion Press, c2007
ISBN	1-61722-014-0
Descrizione fisica	1 online resource (162 p.)
Disciplina	152.4
Soggetti	Death - Psychological aspects Grief - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover; Copyright; Contents; Preface; Introduction; Part One; Part Two; Part Three; Part Four; Part Five; Back
Sommario/riassunto	Explaining how multitudes of North Americans are carrying the pain of all types of loss?not just the deaths of loved ones but also the loss of a spouse through divorce, children who leave home, and the decline of health as they age or get sick?this balanced resource empowers mourners and grief counselors to turn grief into an experience to be learned from. Defining the varieties of heartache and its consequences, this effective guide explores how to inventory, understand, embrace, and reconcile one's accumulated sorrow through a five-phase ""catch-up"" mourning process. Readers will learn