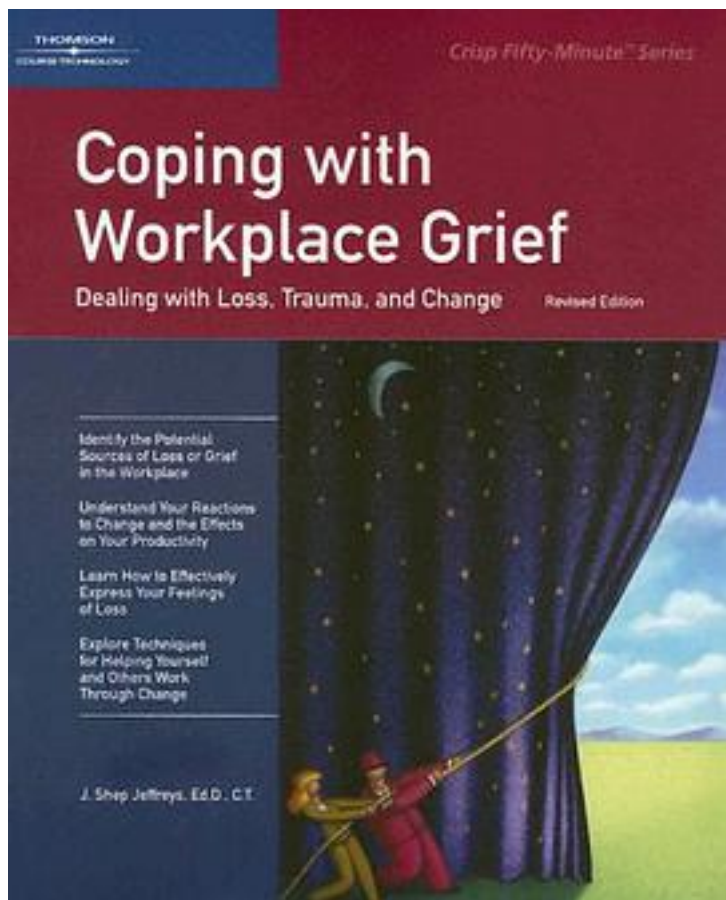


# Coping with Workplace Grief



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The losses we experience are seldom ones we have control over. Changes in the workplace, such as mergers, downsizing, and reorganization, or the death or serious illness of a loved one or a co-worker, affect our morale and productivity. If you are coping with major changes in your life, you may be feeling pain, anger, or fear--and

that's perfectly normal. COPING WITH WORKPLACE GRIEF shows you that you are not alone, and that grieving is not a sign of weakness or a bad attitude. Not only are you allowed to grieve, you can, and should, ask for help. This book can be your first step in the healing process. You will learn about the sources of change in the workplace, and explore the different ways people react to change. If you are helping a grieving person cope, this book offers techniques to help you give this person support. Everyone grieves differently, and there is no timetable for mourning. But you can find the courage to get through. This book will show you how.

作者介绍:

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