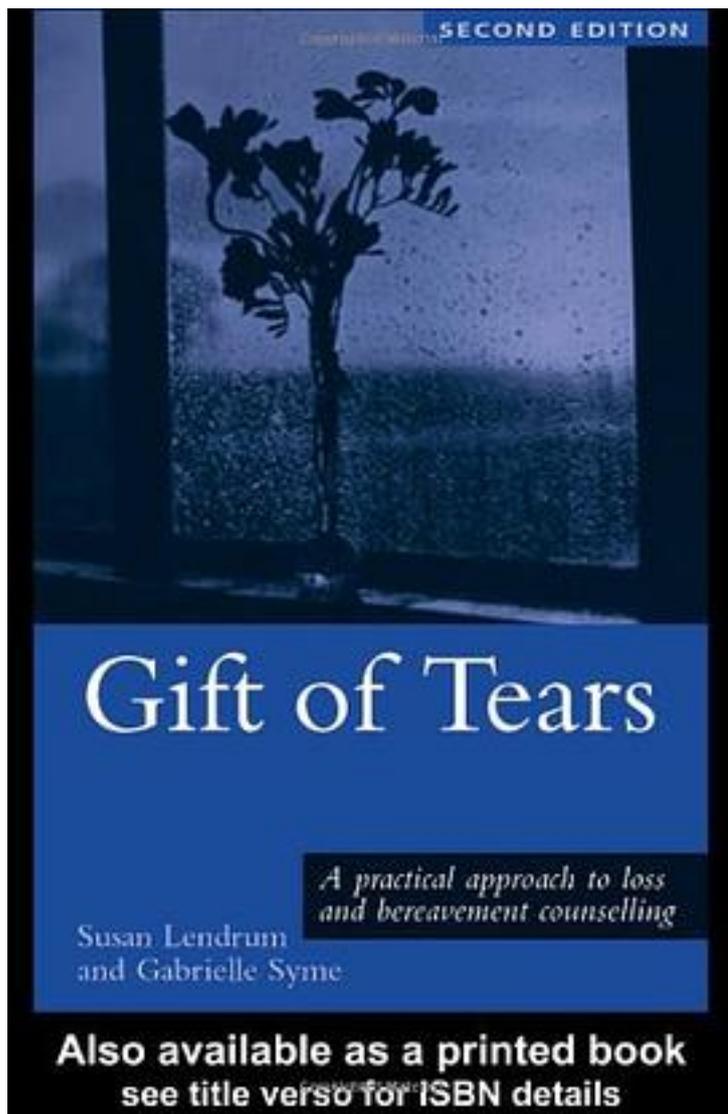


# Gift of Tears



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著者:Lendrum, Susan/ Syme, Gabrielle

出版者:Routledge

出版时间:2004-6

装帧:Pap

isbn:9781583919330

This thoroughly revised and updated edition of Gift of Tears includes new research and examples of recent events to help illustrate the effects of loss. Containing a strong practical element, the book guides the reader through the process of contemplating and eventually confronting their own relationship to loss.

Written by experienced counsellors and psychotherapists, the book contains candid and readable discussions of central issues, including:

- \* how to understand and work with anger and guilt
- \* attachment patterns and loss
- \* historical changes in attitudes to death and bereavement
- \* death as a particular form of loss.

Gift of Tears is intended for anyone who finds they have to cope, in the course of their daily lives, with the grief of others. It will prove invaluable to counsellors, therapists, mental health professionals and all those helping the bereaved.

[www.bereavementarena.com](http://www.bereavementarena.com)

作者介绍:

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## 标签

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## 评论

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