

Healing Your Holiday Grief

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HEALING YOUR HOLIDAY GRIEF

100 PRACTICAL IDEAS
FOR BLENDING MOURNING
AND CELEBRATION DURING
THE HOLIDAY SEASON



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出版者:Independent Pub Group

出版时间:

装帧:Pap

isbn:9781879651487

With compassionate insight, this handbook helps those in mourning through what can be the hardest time of year--the holiday season. Mourners will better understand their complex emotions after reading about such topics as honoring thoughts and feelings, creating new traditions, finding ways to de-stress, and incorporating healing rituals into the holiday season. This book's practical wisdom also covers issues such as decision-making during the holidays and coping with the blending of mourning and celebration. All of the answers and advice in this guide are provided in the popular 100 ideas format that features one idea per page, allowing readers to fully absorb each suggestion.

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