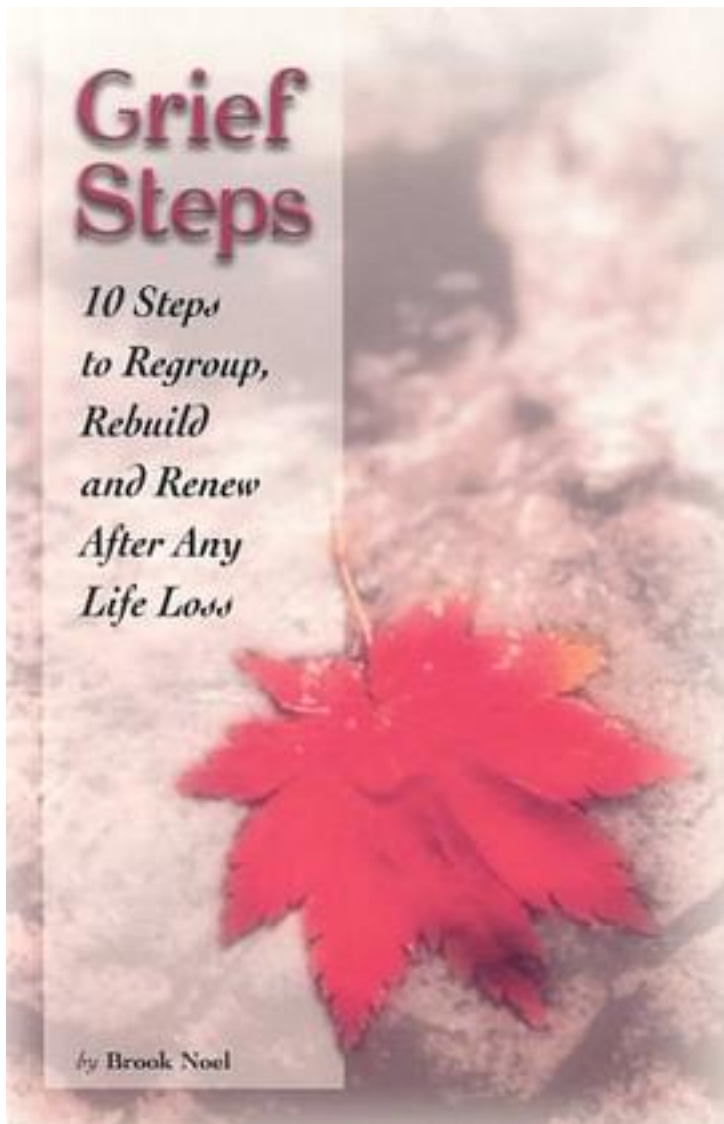


Grief Steps



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In her wise and compassionate guide GriefSteps, best-selling author Brook Noel shared the steps one must take to grieve successfully and rebuild a full life after loss. This companion workbook offers step-by-step exercises based on years of research and working with the bereaved. For anyone seeking to work through their grief on their own or in a support group setting, this companion workbook reveals the 10 Steps that we must take to face our grief and heal. Whether your loss is a relationship, a job, a loved one, or a piece of yourself, there are universal steps that must be taken to rebuild. Noel reveals each step along with exercises and HopeNotes to guide you in your journey. Whether your loss is recent or years ago, GriefSteps will show you how to resolve and reconcile your world to find contentment and purpose in your life.

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