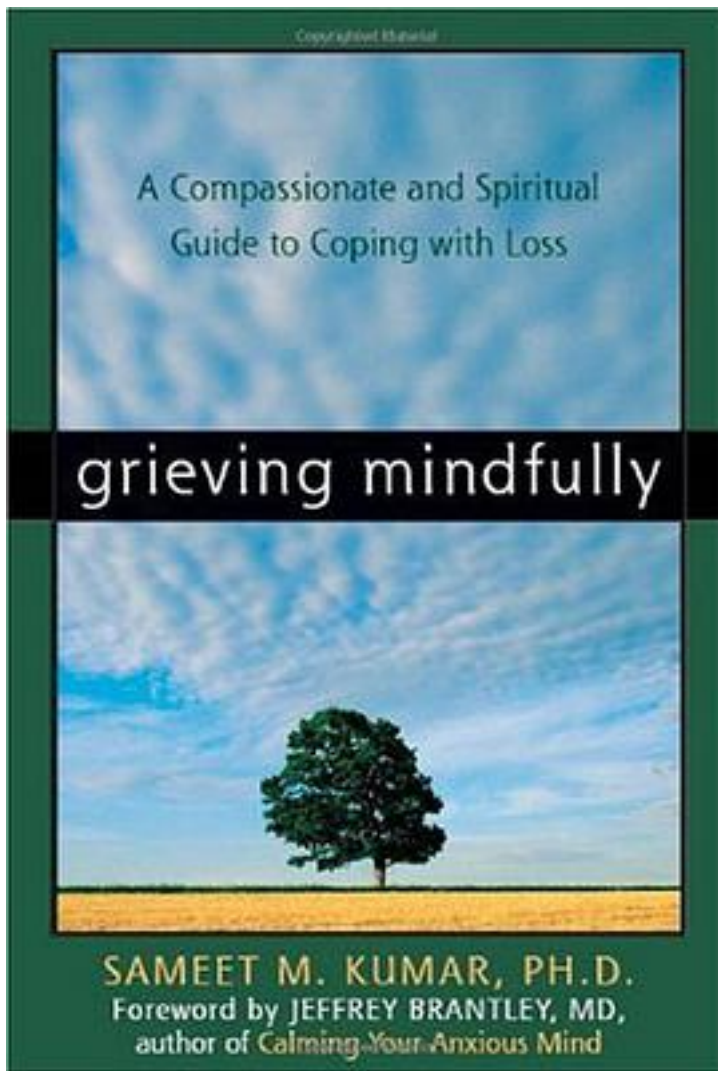


Grieving Mindfully



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著者:Kumar, Sameet M.

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This book offers a new understanding of the grief process. Readers will learn about the spiral staircase, a metaphor used to describe the ebb and flow of emotional pain that typically follow loss. The book offers ways to cope with the events and situations that trigger personal grief by using mindfulness exercises and radical acceptance, a concept that encourages the experience of grief rather than its denial.

作者介绍:

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