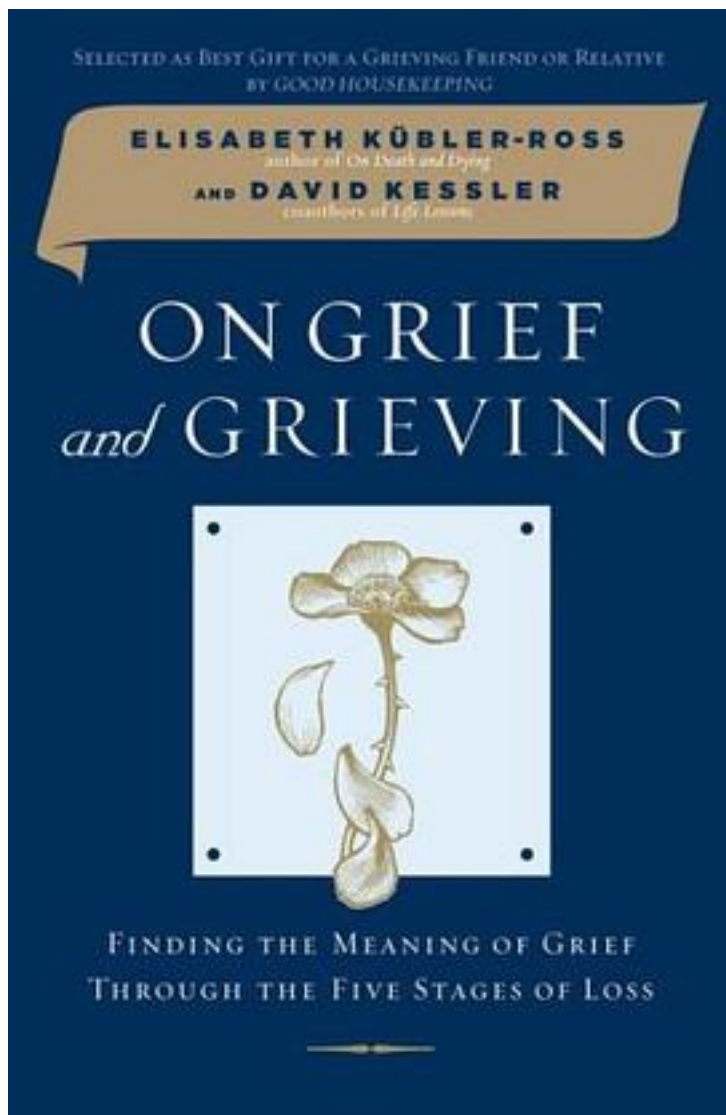


# On Grief and Grieving



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著者:Elisabeth Kübler-Ross

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Elisabeth Kübler-Ross's *On Death and Dying* changed the way we talk about the end of life. Before her own death in 2004, she and David Kessler completed *On Grief and Grieving*, which looks at the way we experience the process of grief. Just as *On Death and Dying* taught us the five stages of death -- denial, anger, bargaining, depression, and acceptance -- *On Grief and Grieving* applies these stages to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing.

作者介绍:

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## 标签

心理学

Elisabeth\_Kubler-Ross

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## 评论

还好现在不需要这本书了，呵呵

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对于深陷痛苦的人来说，确实是一本好书，它努力得告诉我们，原谅现在的自己，你需要的只是时间，即使摆脱不了痛苦，也终能够找到与痛苦相伴的方法。

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真是一本DEPRESSING但还是读一下比较好的书 . . . . .

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书评

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