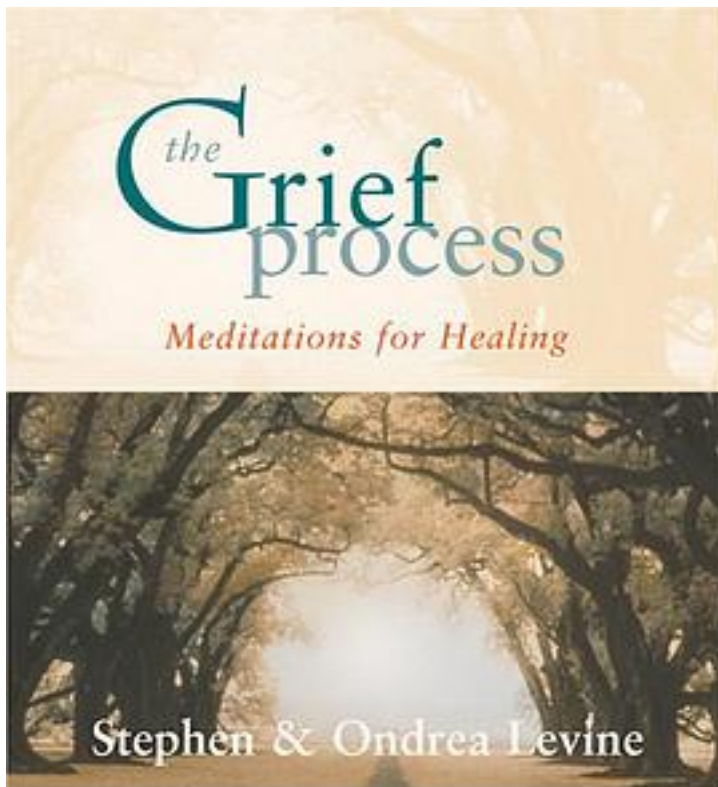


The Grief Process



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著者:Levine, Ondrea

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From his early influential and moving book, *Who Dies?*, to his most recent bestseller, *A Year to Live*, Stephen Levine has quietly transformed the way we live and die in America. Over the past 20 years he has created a series of masterpieces and guidebooks for conscious living, including the modern classics *Grist for the Mill* (with Ram Dass), *A Gradual Awakening*, and *Healing into Life and Death*. On *The Grief Process*, Stephen Levine turns his attention to the resolution of unresolved grief? the injury of our age which leaves no scars. Through a series of deeply-felt guided exercises

that he has shared and refined with meditation groups, hospice residents, and others caught in the wake of physical and emotional grief ? Stephen Levine demonstrates awareness techniques available to everyone seeking true healing. Culminating in an intensive guided meditation, The Grief Process is a milestone in Stephen Levine's long career as a meditation teacher, caregiver, and healer.

作者介绍:

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