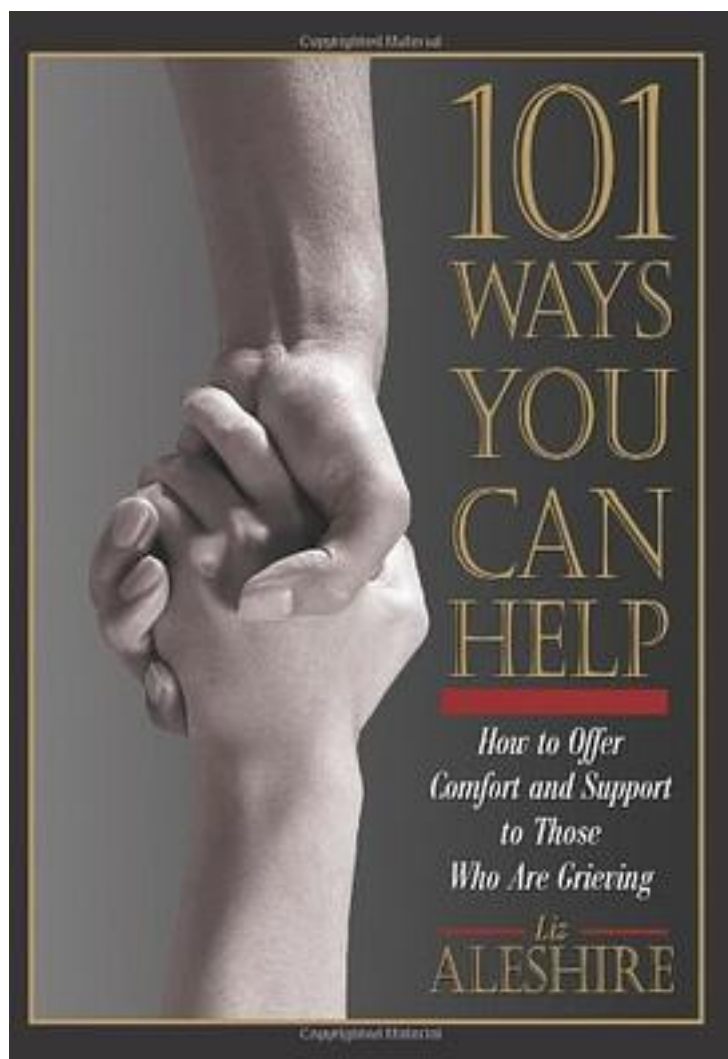


101 Ways You Can Help



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This is a handbook for those who don't know how to help their bereaved friends, coworkers, neighbors, or relatives. There are an estimated eight million newly bereaved people in the United States each year, and as author Liz Aleshire always said, a grief shared is a sorrow halved is a cliché because it's so true. The presence of others is a priceless source of comfort, and "101 Ways You Can Help" gives readers the universal basics of helping. What's more, readers will find specific tools for how to offer support based on their relationship to the person who is grieving or deceased, no matter whether it's a boss or a neighbor. Begun by a mum who lost her son at 16, and finished by her friends when she became seriously ill, this is a book that lives its message.

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