



Grief and Loss: Ultimate Guide and Grief Healing Techniques to Help you Overcome your Loss

Mark Hamman

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Understand the Grief and loss journey and Discover The Helpful Techniques to help you overcome that period

****FOR LIMITED TIME** get this Amazon bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.** This book contains proven steps and strategies on how on how to cope with a loss of something special, and being able to move on with your life without the one you loss. Throughout the centuries, death is something to be terrified about. The fear comes from the lack of knowing what it is like to experience the last breaths of life. For sure, no one knows exactly what it is like. What is certain is that death leaves a strong impression on us all, not so much as participants, but as witnesses. In our lifetime, people who have had enjoyed our company will eventually wilt by some natural force. The process could be gradual as in growing old, or abrupt as in figuring in a fatal highway accident. But are we really prepared to accept such circumstances? Grief is a strong emotional reaction to any event that involves the loss of a loved one. It is our way of saying that we cherish the warmth that that person brings. And it is our way of declaring the existence of a painful void in our hearts. After the death of a loved one, we will inexorably feel depressed, melancholic and anxious towards an uncertain future without the presence of a significant someone. Grief then is a painful experience that not only affects you emotionally, but physically as well. But we cannot really help but grieve if we face too great a loss. Going back to Tolstoy's passage, grief allows us to cope with the loss and lets us mature. Thus, we cannot really deny grief. We can only learn to nurture it and use it to strengthen our emotional and social lives. This book will provide you with insights into the nature of grief and how to prevent it from being excessive; excessive in the sense that it undermines any form of hope and refutes any opportunity to move on with life. As we all know, grief has its roots in our emotional health, and allowing it to flourish for a longer period of time can only lead to bigger problems. This book does not deny grief. It seeks to help you limit it, condition you to use it to your own advantage, and heal you overtime. Also inscribed in these pages are methods on how to effectively cope with the period of grief. Many people find it hard to progress from the loss of a loved one that they fail to realize that life continues on for the living. They may also find it hard to recuperate from the loss that they feel like giving up on life. This book strives to counteract such delusions. It also strives to remind you to accept the death of a loved one, and without rejecting him or her from your life. There is a need to move on, but there is also a need to remember the important contributions that other people provide

This book consists of simple chapters that will help you over come the grief and loss period.

- Why is Grief Important?
- Believe that the Loss is Real
- Adjust
- It's Going to be OK
- Ways to Cope with the Grieving Process

Download your copy today! Take action today and download this book for a limited time discount of only \$0.99! Download Your Copy Now and Help yourself in the Grief and loss Journey

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