

# The Journey Through Grief: Reflections On Healing - Alan D. Wolfelt

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This spiritual companion for mourners affirms their need to mourn and invites them to journey through their very unique and personal grief. Detailed are the six needs that all mourners must yield to and eventually embrace if they are to go on to find continued meaning in life and living, including the need to remember the deceased loved one and the need for support from others. Short explanations of each mourning need are followed by brief, spiritual passages that, when read slowly and reflectively, help mourners work through their unique thoughts and feelings. Also included in this revised edition are journaling sections for mourners to write out their personal responses to each of the six needs. This replaces 1879651114. Author: Wolfelt, Alan D. Publisher: Companion Press Illustration: N Language: ENG Title: The Journey Through Grief: Reflections on Healing Pages: 00176 (Encrypted EPUB) On Sale: 2003-09-01 SKU-13/ISBN: 9781879651340 Category: Self-Help : Death, Grief, Bereavement

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