

Overcoming Grief - Sue Morris

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Grief is a natural and healthy reaction to loss but it can be extremely debilitating and result in a downward emotional spiral, impacting on such aspects of life as relationships and work. Relentless grief can cause a host of physical problems due to the sufferer not looking after themselves properly, for example not eating, becoming over-reliant on alcohol, experiencing disrupted sleep. It can also lead to serious emotional and psychological problems such as depression, anxiety, health anxiety and panic attacks. This self-help book will prove invaluable to the recently bereaved, guiding them through the painful process of bereavement. Topics covered: Dealing with expected or unexpected death Challenging unhelpful thoughts Establishing a routine and tackling avoidance Returning to work Practical aspects such as dealing with the funeral, birthdays, etc. Planning a new future Author: Morris, Sue Publisher: Robinson Illustration: N Language: ENG Title: Overcoming Grief Pages: 00300 (Encrypted EPUB) On Sale: 2012-11-01 SKU-13/ISBN: 9781472105752 Category: Self-Help : Death, Grief, Bereavement

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