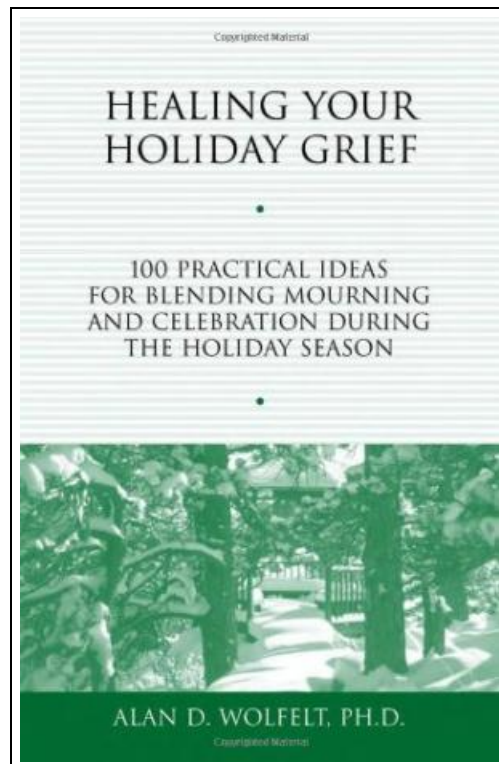


Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season



Filesize: 2.04 MB

Reviews

This is actually the best book i actually have go through right up until now. It generally will not price an excessive amount of. I discovered this book from my dad and i suggested this book to understand.
(Norma Carroll)

HEALING YOUR HOLIDAY GRIEF: 100 PRACTICAL IDEAS FOR BLENDING MOURNING AND CELEBRATION DURING THE HOLIDAY SEASON



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Companion Press,US. Paperback. Book Condition: new. BRAND NEW, Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season, Alan D. Wolfelt, With compassionate insight, this handbook helps those in mourning through what can be the hardest time of year -- the holiday season. Mourners will better understand their complex emotions after reading about such topics as honouring thoughts and feelings, creating new traditions, finding ways to de-stress, and incorporating healing rituals into the holiday season. This book's practical wisdom also covers issues such as decision-making during the holidays and coping with the blending of mourning and celebration. All of the answers and advice in this guide are provided in the popular 100 ideas format that features one idea per page, allowing readers to fully absorb each suggestion.



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