



# Grieving For Dummies

*Greg Harvey*

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**Grieving For Dummies** Greg Harvey

**Coping and recovery strategies for dealing with the loss of a loved one**

Whether the death of a loved one is sudden or expected, grieving the loss is a difficult yet transformative process. *Grieving For Dummies* approaches this very important subject with sensitivity, helping readers who are grieving the loss of a loved one as well as those who want to support them in this process. This compassionate guide covers all types of profound losses, including parents, spouses and partners, children, siblings, friends, and pets. It also addresses children's grieving and how the manner of death may cause additional hurdles to grieving the loss. The book is filled with practical suggestions for moving through the phases, stages, and tasks of grieving with an eye towards successfully integrating the loss of a loved one, while at the same time, keeping the love shared alive.

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