



## Healing Grief: Reclaiming Life After Any Loss (Paperback)

By James Van Praagh

Little, Brown Book Group, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. In HEALING GRIEF James Van Praagh draws on his unique access to the world of spirit to show you how to move on from pain and grief to achieve inner peace. Sensitive and inspiring, HEALING GRIEF shows you how to cope with losing a loved one and rebuilding your life. The book explains that by confronting repressed feelings of grief and anger you can bring about self-healing. Through James Van Praagh s advice and guidance you may begin to recognise your loss, beyond the pain and sadness it brings, as an opportunity to involve yourself fully in life. HEALING GRIEF also explores other kinds of loss including divorce, losing your home or job and ageing.



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