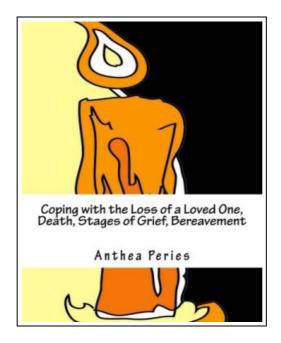
## Coping with the Loss of a Loved One, Death, Stages of Grief, Bereavement: Surviving Healing 45 Ways to Help You Survive, Get Through the Bad Days Heal Colouring Book Journal (Paperback)



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## Reviews

*Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book. (Bernie Mante PhD)* 

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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Coping with the Loss of a Loved One, Death, Stages of Grief, Bereavement: Surviving Healing 45 Ways to Help You Survive, Get Through the Bad Days Heal Colouring Book Journal (Book bundle compendium of 2 books in 1 from the Colour Me Self-Help Inky Art Therapy Series: BOOK 1 Colour Me Grief Recovery: 20 Ways to Help You Get Through the Bad Days Colouring Book BOOK 2 Colour Me Grief, Survival Hope: 25 Ways to Help You Get Through the Bad Days Journal Colouring Book). ABOUT THIS BOOK: I am so sorry for your loss. This book is for those who have lost a loved one whether it be a spouse, parent or, a child, through illness, sudden, unexpected death or, any other causes. It is a compendium of two books. Every day seems like a bad day and all you want is your loved one back. The overwhelming effort of everyday living and non-stop demands can simply become too great to bear for a time. We give in and collapse, letting ourselves become engulfed and pulled down by our emotional burdens. When we re in that state of mind it can be extremely hard to find a way out, to see daylight and be able to breathe in the fresh air again. It can be necessary to simply take a break and to feel your emotions for a while, before taking another step. You know how much pain you feel and you just want to stop thinking about it all? This bumper size book will enable you to take time to pause and pay attention to the present moment, observing the details of the world around you; sights, smells, sounds and...

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