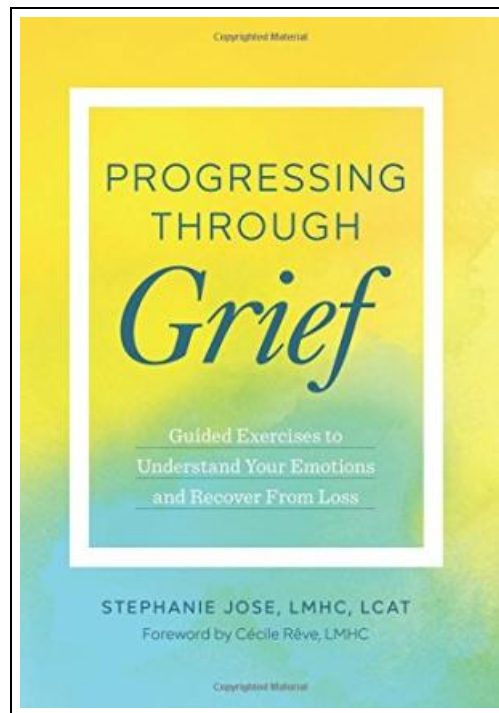


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PROGRESSING THROUGH GRIEF: GUIDED EXERCISES TO UNDERSTAND YOUR EMOTIONS AND RECOVER FROM LOSS



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Althea Press, United States, 2016. Paperback. Book Condition: New. 208 x 147 mm. Language: English . Brand New Book. Therapist Stephanie Jose guides you toward understanding and actively engaging your grief with compassionate coping methods and practical tools toward healing. To begin to heal, we must move toward our grief: experience it, express it, and be honest about it. In Progressing Through Grief, you will discover useful and practical coping strategies that you can immediately apply as you work through the grieving process. This book is not meant to be read from beginning to end then set aside. It is intended to be your companion helping you understand your feelings and giving you the space to reflect upon your loss. Explore the sections of this book at your own pace, by: Understanding grief and how it affects your body Navigating your emotions and applying practical coping strategies Journaling through your grief to express your emotions Applying self-care, including sleep and relaxation techniques, exercise and nutrition tips, and practicing daily meditations Progressing Through Grief will provide information, direction, and inspiration as you move forward on the sometimes unpredictable, but always promising, journey of healing.



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