



Grief Coach: A Handbook for Surviving Loss

Carol Recchion MDiv

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When a loved one dies, everything about life as we know it can feel like in an instant it has changed. This book is written to help people who are grieving establish a foundation for self care and healthy grieving. It provides information and strategies that can be used to build upon their inner strengths and managing grief symptoms, emotions and reactions. Author Carol Recchion, MDiv, CH shares her knowledge of what has helped her numerous clients survive life's toughest losses.

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