

Living When a Loved One Has Died: Revised Edition

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When someone you love dies, Earl Grollman writes, "there is no way to predict how you will feel. The reactions of grief are not like recipes, with given ingredients, and certain results. . . . Grief is universal. At the same time it is extremely personal. Heal in your own way."

If someone you know is grieving, *Living When a Loved One Has Died* can help. Earl Grollman explains what emotions to expect when mourning, what pitfalls to avoid, and how to work through feelings of loss. Suitable for pocket or bedside, this gentle book guides the lonely and suffering as they move through the many facets of grief, begin to heal, and slowly build new lives.

Rabbi Earl A. Grollman is an internationally recognized bereavement counselor who has been named Hero of the Heartland and given the Distinguished Human Service Award from Yeshiva University, among countless other awards. He is author of the best-selling *Living When a Loved One Has Died* (Beacon / 2719-7 / \$10.00 pb), among many other books, and articles about him and his work have appeared in *USA Today*, *Harper's*, *Reader's Digest*, *Ann Landers*, *People*, and in virtually every major American daily. He lives in Belmont, Massachusetts. If you're far away when someone you care about is in mourning, send this book—it's the next best thing to being there. And if you doubt whether your being there will do any good, read this book, and you will learn how to become the wise, reassuring, and understanding person a good friend is when a loved one has died. - *Minneapolis Star*

Other Books

Cutting the Ties that Bind. In this book, Phyllis Krystal describes techniques, rituals and symbols which are capable of impressing positive messages on the subconscious mind in order to offset some of the negative conditioning that may have been received earlier in life. In this way, changes in life become possible much better than just working on a conscious, cognitive level. This method enables a person to liberate from the various sources of false security to become an independent and whole human being, relying only on the inner source of security and wisdom which is available to everyone who seeks its aid. First revised edition.

❓ ❓ ❓ ❓ ❓ . *Growing Up and Moving On* - First revised edition Phyllis Krystal ... In such cases, we have to make contact with the one who has died, and explain that they must be willing to pass from the earth plane and proceed to other dimensions. ..."