



Hope and Healing During the Holidays after the Loss of a Loved One

Jayne Flaagan

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"Hope and Healing During the Holidays" has been written for anyone in bereavement. If you are suffering with grief after losing a loved one, this book can help you. Your loss may have been recent or many years ago. You may have lost someone to death, a separation, or divorce. Maybe you are coping with loss due to the death of a spouse, a parent, a sibling or maybe grieving after losing a child. Sometimes the grieving process can be even harder during the holidays. This book focuses on giving you many thoughtful insights and helpful strategies on dealing with bereavement before, during, and after the holidays. You will see that during the grieving process there is neither a right way nor a wrong way to deal with your grief. The grief stages and time frames vary for everyone and depend upon many different factors. Information has provided throughout the book from professionals who work with grieving individuals on a daily basis, as well as people who have been through the grieving process themselves, including the author herself, who recently lost several family members. There are also many suggestions in this book that you will find useful year-round. You will be able to use many of the suggestions right away and for many years down the road. "Hope and Healing During the Holidays" is not an extensive, all-encompassing book that will take you hours to get through. What this book offers is a good starting place to start thinking about many basic topics and situations that are part of the grieving process. You can use this book as a quick reference guide and look to it for quick tips and ideas on specific topics. Keep your mind open to the possibilities as you read this book. You will have some bumps along the road as you work through the healing process. Meanwhile, you can use this book for practical ideas and solutions, as well as to give you hope and encouragement along the way. With some time and the strength that you will find within yourself, your outlook on life will once again be happy and healthy. You will get there.

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