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This unusual self-help book about surviving grief offers the reader comfort and inspiration. Each of us will face some loss, sorrow and disappointment in our lives, and The Courage to Grieve provides the

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Specific help we need to enable us to
face our grief fully and to recover and
grow from the experience.

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The Courage to Grieve was an
incredibly thorough and helpful book,

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breaking the grief process into three
logical chunks, and discussing a
myriad of issues. Overall, it described
normal grief incredibly well, and
provided a number of red flags that
indicate that grief might not be
proceeding in a healthy fashion.

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Judy Tatelbaum, an expert on
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Judy Tatelbaum Presents

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the book emphasizes the response to the death of a loved one, The Courage to Grieve can help with every kind of loss and grief.

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The Courage to Grieve –
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comfort and inspiration. Each of us will
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grow from the experience.

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Judy Tatelbaum's book "The Courage
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wonderful resource to navigate and

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The Courage to Grieve offers spiritual,
optimistic, creative, and practical
guidance and shows us how to live
with courage, not fearing death.

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This unusual self-help book about
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comfort and inspiration. Each of us will
face some loss, sorrow and
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specific help we need to enable us to
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grow from the experience. Although
the book emphasizes the response to
the death of a loved one, The Courage
to Grieve can help with every kind of
loss and grief. Judy Tatelbaum gives
us a fresh look at understanding grief,
showing us that grief is a natural,
inevitable human experience, including

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all the unexpected, intense and
uncomfortable emotions like sorrow,
guilt, loneliness, resentment,
confusion, or even the temporary loss
of the will to live. The emphasis is to
clarify and offer help, and the tone is
spiritual, optimistic, creative and easy
to understand. Judy Tatelbaum

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provides excellent advice on how to help oneself and others get through the immediate experience of death and the grief that follows, as well as how to understand the special grief of children. Particularly useful are the techniques for completing or "finishing" grief--counteracting the popular

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misconception that grief never ends.
The Courage to Grieve shows us how
to live life with the ultimate courage:
not fearing death. This book is about
so much more than death and grieving
it is about life and joy and growth.

This unusual self-help book about

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Surviving grief offers the reader
comfort and inspiration. Each of us will
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the book emphasizes the response to the death of a loved one, "The Courage to Grieve" can help with every kind of loss and grief. Judy Tatelbaum gives us a fresh look at understanding grief, showing us that grief is a natural, inevitable human experience, including all the

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Unexpected, intense and
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misconception that grief never ends.
"The Courage to Grieve "shows us
how to live life with the ultimate
courage: not fearing death. This book
is about so much more than death and
grieving it is about life and joy and
growth.

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Challenging the firmly held belief that we must brave our circumstances and endure life's crises, *You Don't Have to Suffer* emphasizes that while hurt is

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inevitable in life, suffering is not. The author explains that we can consciously choose how and how much we suffer over our own experiences and tragedies. We can experience our losses, hardships, and disappointments and let go of them. We learn to apply these insights to our

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separation from others, recovery from
grief, relationships with our parents
and children, and our own bodies.
Rather than “pour salt in our
wounds”—by dramatizing,
personalizing, and romanticizing
events, living in the past, going it
alone, and denying our needs—Judy

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Tatelbaum shows us how to free
ourselves and see life not as a
“predicament” but as a challenge and
a gift. You Don't Have to Suffer takes
readers through the various trials and
tribulations of how we suffer, why we
choose to continue to suffer, and
ultimately, how we can raise ourselves

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above life's challenges.

Discusses how to alleviate suffering by
choosing to let go of losses, hardships,
and disappointments.

In this moving and compassionate
classic—now updated with new material

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from the authors—hospice nurses Maggie Callanan and Patricia Kelley share their intimate experiences with patients at the end of life, drawn from more than twenty years' experience tending the terminally ill. Through their stories we come to appreciate the near-miraculous ways in which the dying

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Communicate their needs, reveal their
feelings, and even choreograph their
own final moments; we also discover
the gifts—of wisdom, faith, and
love—that the dying leave for the living
to share. Filled with practical advice on
responding to the requests of the
dying and helping them prepare

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emotionally and spiritually for death,
Final Gifts shows how we can help the
dying person live fully to the very end.

The founder of MADD (Mothers
Against Drunk Driving), who lost her
thirteen-year-old daughter to a drunk
driver, shares her own and others'

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stories in a unique and sensitive approach to a subject tht everyone must face at least once in a lifetime.

“Let me know if there is anything I can do.” This well-meaning offer is frequently expressed when a relative or friend suffers a death or other heart-

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wrenching loss such as divorce,
termination of a job, having to put a
parent in a nursing home or
Alzheimer's facility, loss of one's
home, or the "empty nest" syndrome.
This book moves beyond that offer
and other platitudes and gives
practical steps to take to help alleviate

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the pain of loss—the heartbreak from a variety of shattering experiences. These steps are drawn straight from real-life experiences; the stories of people demonstrate how one or more of these seven steps helped them turn grief of futility and despair into understanding, faith, and hope.

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“This beautifully written guide offers specific and wise advice for confronting another’s anguish, as well as a deep understanding of grief.”

—Judy Tatelbaum, author of *The Courage to Grieve* Time and again we stumble for words and actions that will

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reflect our feelings of compassion and
our desire to be of comfort during a
time of loss. Based on the authors'
extensive research, their workshops,
and their professional experience, and
filled with personal stories and
anecdotes, this heartfelt, practical, and
accessible resource covers the three

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most common areas of concern: What can I write? What can I say? and What can I do? The authors address such issues as: Special circumstances—sudden death, suicide, the death of a parent or child How to compose a letter of condolence—including a variety of

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