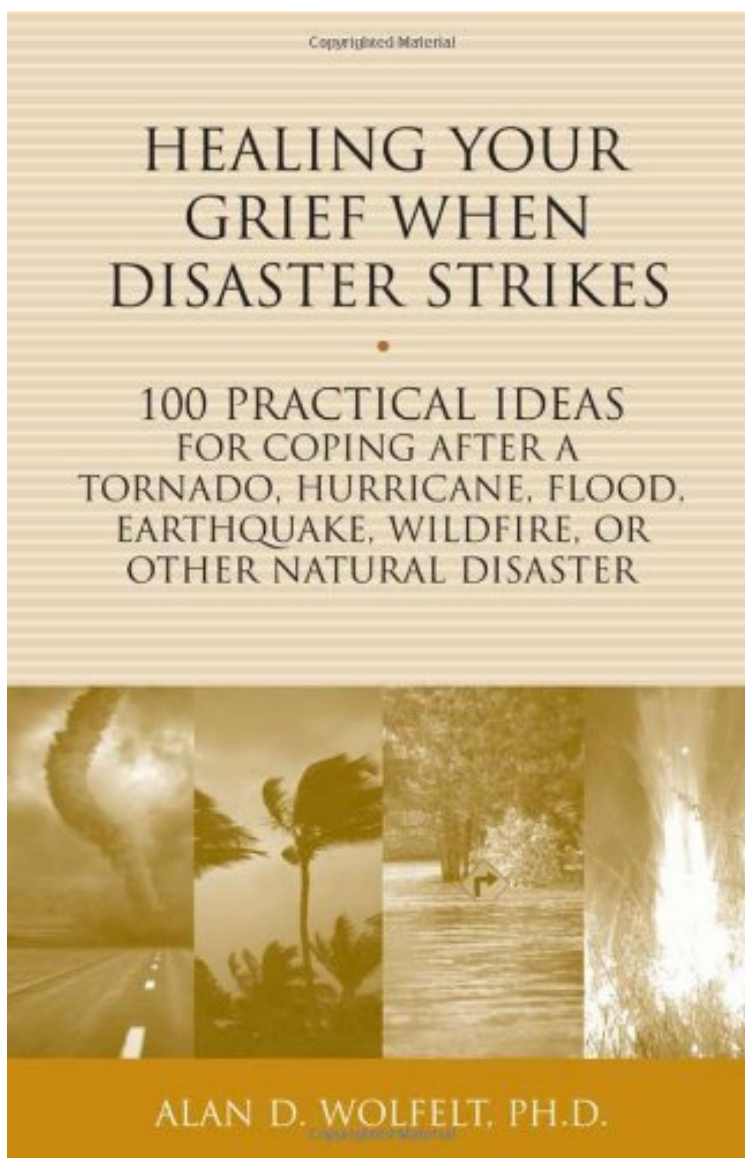


[Free] Healing Your Grief When Disaster Strikes: 100 Practical Ideas for Coping After a Tornado, Hurricane, Flood, Earthquake, Wildfire, or Other Natural Disaster (The 100 Ideas Series)

Healing Your Grief When Disaster Strikes: 100 Practical Ideas for Coping After a Tornado, Hurricane, Flood, Earthquake, Wildfire, or Other Natural Disaster (The 100 Ideas Series)

Alan D. Wolfelt PhD

ebooks | Download PDF | *ePub | DOC | audiobook



DOWNLOAD



READ ONLINE

#1086469 in Books 2014-04-01Original language:EnglishPDF # 1 8.40 x .20 x 5.50l, .40 #File Name: 1617222097128 pages | File size: 18.Mb

Alan D. Wolfelt PhD : Healing Your Grief When Disaster Strikes: 100 Practical Ideas for Coping After a Tornado, Hurricane, Flood, Earthquake, Wildfire, or Other Natural Disaster (The 100 Ideas Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Healing Your Grief When

Disaster Strikes: 100 Practical Ideas for Coping After a Tornado, Hurricane, Flood, Earthquake, Wildfire, or Other Natural Disaster (The 100 Ideas Series):

When your family, neighborhood, city, or area of the country is affected by a natural disaster, it's normal and necessary to feel grief and the traumatic experience of actually witnessing and surviving the event may be consuming you. This book will help you understand and embrace your difficult thoughts and feelings. It will be a compassionate companion to you as you move through shock and numbness and struggle with ongoing grief symptoms such as fear, guilt, and sadness. Some of the 100 ideas explain the basic principles of grief and mourning and how they apply in the aftermath of a natural disaster, while others offer immediate, here-and-now suggestions of things you can do today to express your grief and live with meaning in each moment.

About the Author Alan D. Wolfelt, PhD, is a speaker, a grief counselor, and the director of the Center for Loss and Life Transition. He is the author of *Healing a Parent's Grieving Heart*, *The Mourners Book of Courage*, *Understanding Your Grief*, and many other bestselling books on healing in grief. He lives in Fort Collins, Colorado.