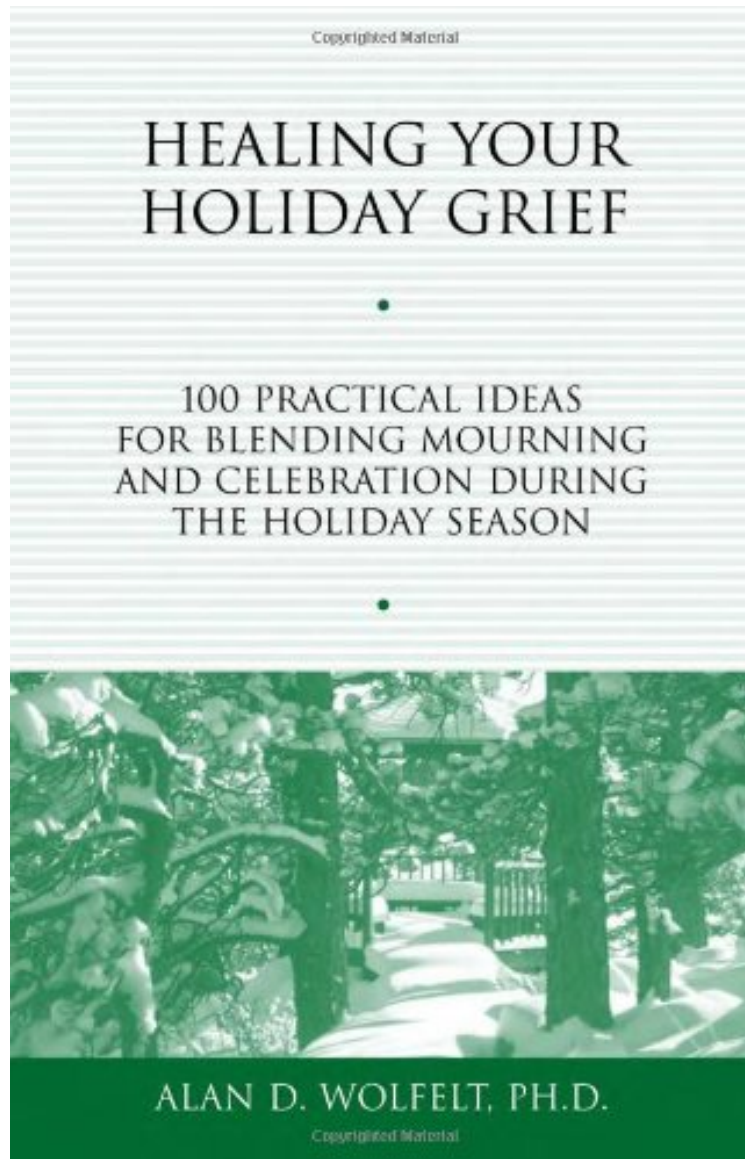


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## Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season (Healing Your Grieving Heart series)

*Alan D. Wolfelt PhD*

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gauge whether or not it would be worth my time, and all praised *Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season* (Healing Your Grieving Heart series):

0 of 0 people found the following review helpful. Not a fan  
By Jill  
As a therapist I was disappointed. It was not multiculturally sensitive.  
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By Louann Hatch  
Lost loved one right before Thanksgiving so did a friend. We were helped through the holidays with this spiritual healing read.  
0 of 0 people found the following review helpful. *Wonderful Book*  
By A.L.L.  
As usual Alan Wolfelt does a wonderful job in providing good and realistic ideas for those who are in need of support after the death of a loved one.

With compassionate insight, this handbook helps those in mourning through what can be the hardest time of year—the holiday season. Mourners will better understand their complex emotions after reading about such topics as honoring thoughts and feelings, creating new traditions, finding ways to de-stress, and incorporating healing rituals into the holiday season. This book's practical wisdom also covers issues such as decision-making during the holidays and coping with the blending of mourning and celebration. All of the answers and advice in this guide are provided in the popular 100 ideas format that features one idea per page, allowing readers to fully absorb each suggestion.

**About the Author**  
Alan D. Wolfelt, PhD, is the director of the Center for Loss and Life Transition. He writes the "Children and Grief" column for *Bereavement Magazine* and has appeared on *Larry King Live*, *The Oprah Winfrey Show*, and *The Today Show*. He is the author of *Healing a Teen's Grieving Heart*, *Healing Your Grieving Heart*, and *Understanding Your Grief*. He lives in Fort Collins, Colorado.