



## Living with Complicated Grief

By Craig A. White

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Living with Complicated Grief, Craig A. White, Grief is a natural reaction to the loss of a treasured person. In time, the loss is usually assimilated, but, for some, the mourning process becomes disrupted or stuck. Grief remains long-lasting and unresolved, and the death as painful as if it had happened yesterday. This book looks at how to cope with this kind of reaction to bereavement, so that it becomes possible to accept the death and master its impact. Topics include: The difference between 'normal' and 'complicated' grief Links with other conditions such as post-traumatic stress disorder and depression Understanding the impact of grief How to manage related emotions such as anger and guilt Identifying unhelpful thinking Using memories and visual imagery positively Moving your loved one from your mind to your heart how to create a lasting memorial.



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