



I Wasn't Ready to Say Goodbye: A Companion Workbook for Surviving, Coping, Healing After the Sudden Death of a Loved One (Paperback)

By Brook Noel, Pamela D. Blair, Ph.D

Sourcebooks, Inc, United States, 2008. Paperback. Condition: New. Updated ed.. Language: English . Brand New Book. Take grief at your own pace and find comfort in your loss Each year about eight million Americans suffer the death of someone close to them. Now for those who face the challenges of sudden death, there is a hand to hold, written by two women who have experienced sudden loss. This updated edition of the best-selling bereavement classic will touch, comfort, uplift and console. Authors Brook Noel and Pamela D. Blair, Ph.D. explore sudden death and offers a comforting hand to hold for those who are grieving the sudden death of a loved one. Featured on ABC World News, Fox and Friends and many other shows, this book acts as a touchstone of sanity through difficult times. I Wasn't Ready to Say Goodbye covers such difficult topics as the first few weeks, suicide, death of a child, children and grief, funerals and rituals, physical effects, homicide and depression. New material covers the unique circumstances of loss, men and women's grieving styles, religion and faith, myths and misunderstandings, I Wasn't Ready to Say Goodbye reflects the shifting face of grief. These...



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Reviews

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