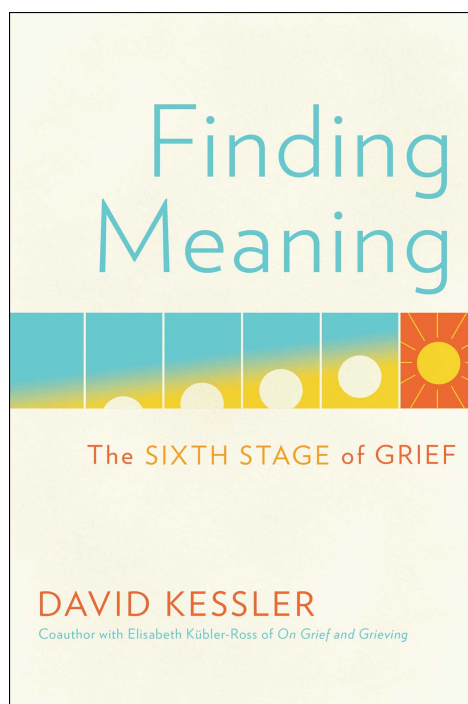


Descargar libros Finding Meaning: The Sixth Stage of Grief

By David Kessler



Books Details

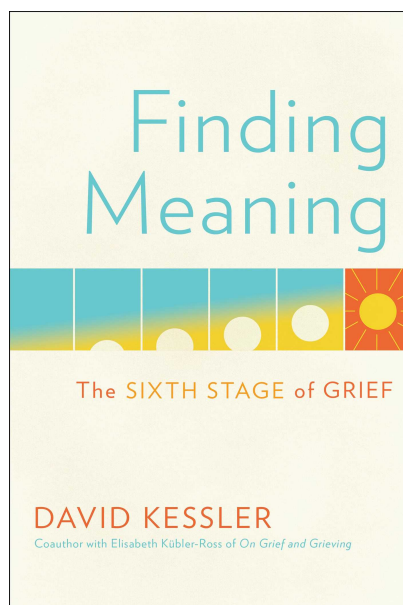
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Books Descriptions

In this groundbreaking new work, David Kessler—an expert on grief and the coauthor with Elisabeth K?bler-Ross of the iconic *On Grief and Grieving*—journeys beyond the classic five stages to discover a sixth stage: meaning. In 1969, Elisabeth K?bler Ross first identified the stages of dying in her transformative book *On Death and Dying*.

Decades later, she and David Kessler wrote the classic *On Grief and Grieving*, introducing the stages of grief with the same transformative pragmatism and compassion. Now, based on hard-earned personal experiences, as well as knowledge and wisdom earned through decades of work with the grieving, Kessler introduces a critical sixth stage. Many people look for “closure” after a loss. Kessler argues that it’s finding meaning beyond the stages of grief most of us are familiar with—denial, anger, bargaining, depression, and acceptance—that can transform grief into a more peaceful and hopeful experience. In this book, Kessler gives readers a roadmap to

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