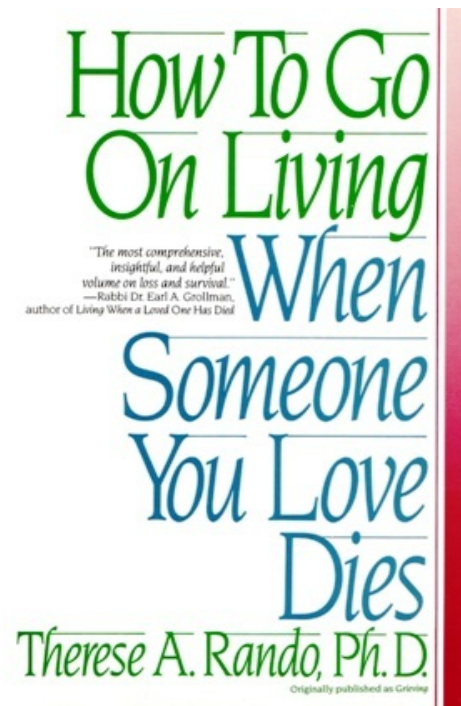


Obtenir un livre How To Go On Living When Someone You Love Dies

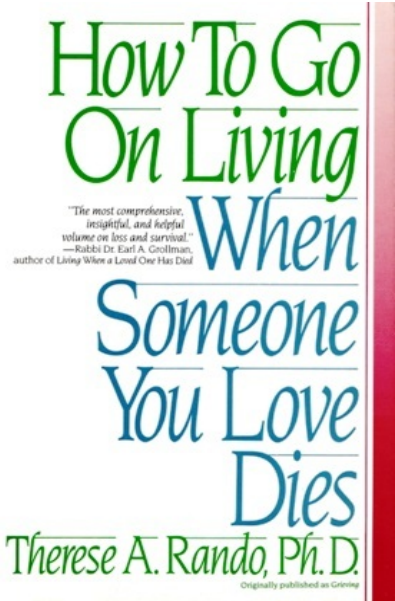
By Therese A. Rando



Mourning the death of a loved one is a process all of us will go through at one time or another. But whether the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve.

Each person's response to loss will be different. Now, in this compassionate, comprehensive guide, Therese A. Rando, Ph.D., bereavement specialist and author of *Loss And Anticipatory Grief*, leads you gently through the painful but necessary process of grieving. Whether the death was sudden or expected, from an accident, illness, suicide, homicide, or natural cause, Dr. Rando will help you learn to: Understand and resolve your grief. Talk to children about death. Resolve unfinished business. Take care of yourself. Accept the help and support of others. Get through holidays and other difficult times of the year. Plan funerals and personal bereavement rituals. *How To Go On Living When Someone You Love Dies* also includes a comprehensive resource listing

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