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Transforming Traumatic Grief: Six Steps to Move from Grief to Peace After the Sudden or Violent Death of a Loved One

Courtney M Armstrong LPC

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Although losing someone you love to a sudden or violent death is a shocking experience, there are steps you can take to heal. This book provides compassionate support and creative ways to soothe and transform your emotions with powerful, but simple strategies that: - Promote healing and calm feelings of anxiety, anger, or despair - Alleviate nightmares, intrusive images, and ruminating thoughts - Relieve guilt and regrets so you can open up to new experiences in your life - Help you get the kind of support you want from other people - Retain "the living story" of your loved one and sense them as a positive presence in your life Recent reviews: “Courtney Armstrong's Transforming Traumatic Grief provides practical tools to comfort grievers, promotes resilience and hope for those who have been devastated by tragedy and loss, and shows ways to create renewed meaning in life beyond grief and trauma.” - Bill O'Hanlon, author of Thriving Through Crisis and Quick Steps to Resolving Trauma "Unlike other books detailing therapies that work at the cognitive level of the mind, “Transforming Traumatic Grief” is a how-to book of practical (and even more importantly) attainable activities and proven strategies for those dealing with grief and loss. As a therapist specializing in trauma counseling and her own personal experience with loss, Armstrong builds a strong case for why we need to speak to the emotional brain in a language it understands. Unless we do, she argues, the traumatized and grief-stricken simply can’t experience a shift in how they’re feeling. Written in a voice that emanates from a very personal place, Armstrong's book is both comforting and empowering. It's for anyone having difficulty moving through grief or growing from their traumatic experience. It's also for therapists who want to help their patients help themselves in between appointments or post-therapy." Nancy Gerhsman, www.artforyoursake.com "A must-read! An indispensable guide for transforming traumatic grief into healing reconnection.” - Jon Connelly, Ph.D, LCSW, Founder, Institute for Rapid Resolution Therapy

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Elvis Quinlan:

A lot of people always spent their very own free time to vacation as well as go to the outside with them family or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you want to try to find a new activity this is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day long to reading a publication. The book Transforming Traumatic Grief: Six Steps to Move from Grief to Peace After the Sudden or Violent Death of a Loved One it doesn't matter what good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. When you did not have enough space to develop this book you can buy the actual e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too expensive but this book possesses high quality.

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