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The Mourning Handbook: The Most Comprehensive Resource Offering Practical and Compassionate Advice on Coping with All Aspects of Death and Dying

Helen Fitzgerald

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No one should be left to grieve alone
Even with the help of friends and family, grieving the death of a loved one can be a complex, sometimes overwhelming, process. *The Mourning Handbook* is written as a companion to those mourners in need of practical and emotional assistance during the trying times before and after the death of a loved one.
Having counseled thousands of people who have experienced loss, Helen Fitzgerald gives special attention to the complex emotions that can accompany especially traumatic situations, such as when a loved one has been murdered, when there have been multiple deaths, when a body has not been recovered, or when the mourner has been the inadvertent cause of death.
Designed to conform to the special needs of the bereaved, *The Mourning Handbook* is written and organized in an accessible style punctuated by real stories of people who have experienced every kind of loss. With many subchapters and cross references, it can be consulted for a specific problem or read at length.

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