

Choosing to Live: Enduring the Loss of a Loved One

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Reviews

This book is definitely not effortless to begin on reading through but extremely fun to read. Sure, it can be enjoy, continue to an amazing and interesting literature. I realized this book from my dad and i recommended this pdf to understand. (Ezequiel Schuster)

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CHOOSING TO LIVE: ENDURING THE LOSS OF A LOVED ONE



Archway Publishing, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.When Jerry D. Campbell met his co-worker Veta, there was a policy that forbade employees from dating each other. Of course, they broke it - and ended up being sweethearts for forty-seven years. But when Veta died in April 2010, she left behind a husband devastated by grief. By forcing himself to work through it, he was able to deal with his loss while still enjoying life. If you re dealing with the death of a loved one, you can t run away from it. In this guidebook to working through loss, you ll learn how to: develop a grief calendar that will help you cope with loss; maintain a positive attitude as you work through new challenges; continue to go about daily life even though you may be alone. You ll also learn about the five stages of grief identified by Elisabeth Kubler-Ross and why the author thinks it s necessary to get to a sixth stage - one he identifies as growth. By knowing what to expect when a loved one dies and seeing what worked for the author, you ll find it easier to work through your own loss by Choosing to Live.

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