

## Solace: finding your way through grief and learning to live again

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### Abstrak

There is no more stressful and traumatic experience than coping with the death of a loved one. There are various stages of grief and loss, which often take months or even years for many people to overcome. But with the right guidance, readers can learn to lessen the pain and live happy lives. "Solace" provides soothing comfort and hope for those who are suffering. As an award-winning bereavement expert, Roberta Temes believe all of us experience and process grief in our own way. Here she helps readers through the stages of grief, tells them when they should worry, helps them consider the pros and cons of bereavement groups and counselors, and shows them how to use visualization to help the healing process. Featuring anecdotes drawn from her bereavement practice so readers may learn from the experiences of others who have also gone through and struggled with loss, "Solace" is also filled with comforting affirmations, quotations and words of encouragement. Dealing with loss is never easy, but this book provides a calming companion to help readers through their mourning and begin enjoying life again.