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On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss

By David Kessler

Simon & Schuster, 2014. Paperback. Condition: New. Shortly before her death in 2004, Elisabeth Kübler-Ross and David Kessler, her collaborator, completed the manuscript for this, her final book. On Grief and Grieving is a fitting completion to her work. Thirty-six years and sixteen books ago, Kübler-Ross's groundbreaking *On Death and Dying* changed the way we talk about the end of life. Now *On Grief and Grieving* will profoundly influence the way we experience the process of grief. *On Death and Dying* began as a theoretical book, an interdisciplinary study of our fear of death and our inevitable acceptance of it. It introduced the world to the now-famous five stages: denial, anger, bargaining, depression, and acceptance. *On Grief and Grieving* applies these stages to the process of grieving and weaves together theory, inspiration, and practical advice, all based on Kübler-Ross and Kessler's professional and personal experiences, and is filled with brief, topic-driven stories. It includes sections on sadness, hauntings, dreams, coping, children, healing, isolation, and even the subject of sex during grief. "I know death is close," Kübler-Ross says at the end of the book, "but not quite yet. I lie here like so many people over the years, in a..."



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