



Living Beyond Grief: How to Survive and Thrive (Paperback)

By Dr Roy W Harris

RHM Publications, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Merriam Webster's Dictionary defines grief as deep and poignant distress caused by bereavement. The Cambridge Dictionary describes it as very great sadness and the English Oxford Dictionary defines it as intense sorrow, especially caused by someone's death. Grief brings deep sorrow and mental distress caused by loss, remorse or affliction. Grief is an emotion that is a normal part of life. The word grief means pain or sorrow over a loss that hurts deeply. It is a life changing emotion and it can be a life shattering emotion. Grief may generate other emotions like fear, anger, resentment, worry and guilt. Grief may manifest itself in a variety of ways such as loss of sleep, loss of appetite and loss of self-control. However one might define it, grief is one of the most painful emotions and periods of grief are some of the most difficult times we face in life. How we handle grief will impact our immediate and long term happiness. Decisions made during periods of grief can unknowingly create barriers to future hope and happiness. It is possible to not only...



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