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The Courage to Grieve was an incredibly thorough and helpful book, breaking the grief process into three logical chunks, and discussing a myriad of issues. Overall, it described normal grief Page 6/25

incredibly well, and provided a number of red flags that indicate that grief might not be proceeding in a healthy fashion.

# The Courage to Grieve by Judy ion Tatelbaum

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and uncomfortable emotions like sorrow, guilt, loneliness, resentment, confusion, or even the temporary loss of the will to live.

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book should be helpful to those trying to cope with the loss of a loved one.

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The Courage to Grieve explores how we can deal with every kind of grief, revealing: - How grief manifests itself in many ways, ranging from anguish,

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