



The Grief Recovery Handbook, 20th Anniversary Expanded Edition: The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith

John W. James, Russell Friedman

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Newly updated and expanded to commemorate its twentieth anniversary—this classic resource helps people complete the grieving process and move toward recovery and happiness.

Incomplete recovery from grief can have a lifelong negative effect on the capacity for happiness. Drawing from their own histories as well as from others', the authors illustrate how it is possible to recover from grief and regain energy and spontaneity. Based on a proven program, *The Grief Recovery Handbook* offers grievers the specific actions needed to move beyond loss. New material in this edition includes guidance for dealing with:

Growing up in an alcoholic or dysfunctional home

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