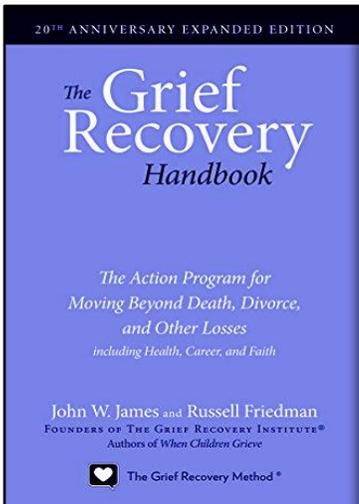


The Grief Recovery Handbook  
20th Anniversary Expanded Edition: The Action Program for Moving beyond Death,  
Divorce, and Other Losses including Health, Career, and Faith  
By John W. James and Russell Friedman

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Anyone who has suffered from the loss of a loved one could benefit by having this handbook as a source of healing guidance and reference to help others.

Several years ago, I attended an extended series of workshops using this valuable book. As we went through each chapter, the topics led me into exploring deeper grief issues than loss of my daughter.

I carved out a new road of healing my deep grief and it brought me exponential recovery. With that being said, working through heavy grief is painful no matter how you process it, but in the end comes release. One has to be willing to walk through the pain to be healed of heavy grief. There is no way around this that works well.

Here are some of the chapter themes:

- We are ill-prepared to deal with loss/We are taught how to acquire things, but not what to do when we lose them.
- Others are ill-prepared to help us deal with loss.
- Identifying short term energy relieving responses.
- The loss history graph.
- The loss relationship graph.
- Converting the relationship graph into recovery components.

If you chose to do some of the homework suggested in this book, it will help to bring clarity to the grief you have experienced. I encourage you to get this book and begin the process of grief work.

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Jean Johnson – Jean’s grief journey began in October 2006 when her daughter was murdered. Jean knows the value of self-help through reading and wants to encourage others to read as well. When she finds a book that she believes will help others, she writes a review to encourage them to seek it out and invest their time in reading as a means of healing after loss.