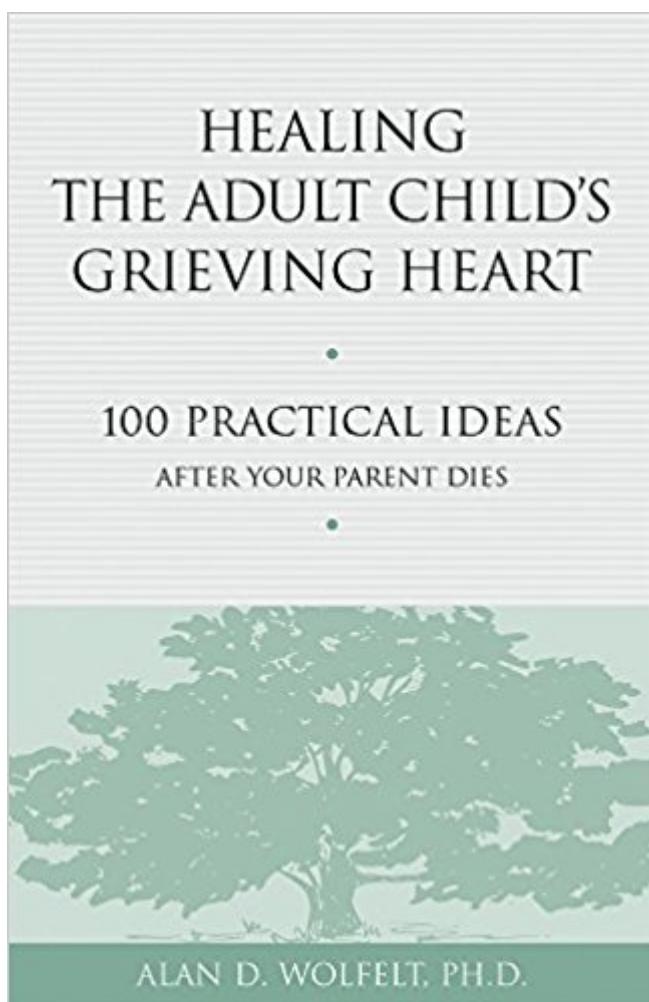


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# Healing The Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies (Healing Your Grieving Heart Series)



## **Synopsis**

Offering heartfelt and simple advice, this book provides realistic suggestions and relief for an adult child whose parent has died. Practical advice is presented in a one-topic-per-page format that does not overwhelm with psychological language, but provides small, immediate ways to understand and reconcile grief. Some of the action-oriented tips include writing down memories, completing a task or goal left unfinished by your deceased parent, or honoring the parent's birthday. In addition the common challenges that face grieving adult children, such as helping the surviving parent, resolving sibling conflicts, and legal and financial issues, are addressed clearly and concisely.

## **Book Information**

Series: Healing Your Grieving Heart series

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## **Customer Reviews**

Alan D. Wolfelt, Ph.D., is the director of the Center for Loss and Life Transition, a faculty member at the University of Colorado Medical School, and the author of Understanding Grief: Helping Yourself Heal, Journey Through Grief: Reflections on Healing, and the Healing a Grieving Heart series. He is best known for his method of "companioning" versus treating the bereaved. He lives in Fort Collins, Colorado.

Still re-reading 1.5 yrs after my adult son's death. There are many good messages and ideas that provide some comfort during the most unimaginable, horrific grief and sadness that never goes away.

I sent this book to a family member who lost her baby son. It was a great book. The kind you could pick up at any time & to any page and find comfort. Not preachy at all. Arrived the next day!

I chose this book based off the title and initial sample reading. As I read through the book I had moments of tears, wailing, smiles, forgiveness, and peace. I lost my father unexpectedly a month ago and this book has made me aware of how daunting the grief process is. However, while it is difficult it's necessary. The author does a great job guiding and illuminating the grief process and in turn that has encouraged me to barrel through it with God at the forefront. I'm forever grateful for this piece of work and will be rereading it as I embark on the healing journey. Thank you.

I've ordered several of this series, and find it to be helpful. I'm not actually at the place where I need it, but my mom is 97--and it is inevitable. I bought it to see if it would be worthwhile to give copies to my siblings at the time of my mom's death. I think that I will do so. It is not a hard read. The suggestions are short and the format makes it easy to dip into the book anywhere.

Lost and in a very dark place after the sudden death of our 26 year old daughter, I was searching for a way to identify what I was (and still am) going through and how to manage all the various things that hit you in so many different ways. This book has been my best helper every step of the way.

Some things I can understand but some things don't relate to my situation

A very practical guide with helpful tips for parents that have lost a child. One of my first disagreements with my husband after our son died was when we were asked how many children did we have and he said two. It was as though one had never existed . Things that you never would think of how to answer before your loss.

Will continue reading and rereading. I am dealing with my daughter's passing.

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